







HOME TREATMENT FOR CHILDREN

WITH

LESSONS ON MORAL TRAINING.

CONTAINING

VALUABLE HOMŒOPATHIC REMEDIES FOR DISEASES, ACCIDENTS, ETC., TO
WHICH INFANTS AND CHILDREN ARE SUBJECT, WITH FULL DIRECTIONS TO
NURSES FOR THE CARE OF THE SICK, DIET, ETC., ETC.

By S. P. Hedges, M. D.

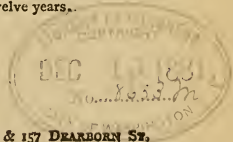
REVISED BY

S. P. HEDGES, M. D.

Formerly Professor of Anatomy, Hahnemann Medical College; Chicago, and
Professor of Theory and Practice of Medicine in Chicago Homœopathic
College; also Physician in Chief to the Chicago Nursery and
Half Orphan Asylum for the last twelve years.

CHICAGO.

BLAKELY, MARSH & CO., PRINTERS, 155 & 157 DEARBORN ST.
1881.



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GREETING TO MOTHERS.

Mothers, here and everywhere ! We cordially offer to you in this volume the ounce of prevention which will save the pound of cure. Its every page and line is backed by the best and latest medical authorities. It is intended as a guide in the care of infants and children, and the treatment of their diseases. Medical science is constantly changing, old remedies are giving place to new. Our seasons are undergoing a continuous change, and as a natural consequence, new diseases appear, while the old assume different types. It is not therefore safe to rely too implicitly on old, unrevised medical works, in so important a matter as restoring the equilibrium of health. "It is the stitch in time that saves nine," the timely remedy, that prevents the fatal disease. We therefore strongly urge you to at least become familiar with those infantile or other diseases that make most rapid headway, so that in case of a sudden emergency, or the unavoidable delay in obtaining a physician, you can yourself act temporarily. These pages are prepared expressly to aid you in this direction. They are also no less a guide in the wide domain of moral training during that most susceptible period of human life—infancy and childhood—when the mental nature is as indelibly stamped as the physical, with health or disease

MANAGEMENT OF INFANTS.

The newly-born infant (after breathing has been fully established, and the navel cord tied) should be washed without delay in warm water—neither too hot nor too cold. An abundance of soft linen towels (old linen is the best), soft sponges, and fine soap (white Castile is preferable) should be provided. Sometimes the peculiar substance with which the child is covered, cannot be removed merely by soap-water; in these cases the parts may be smeared with fresh lard, butter, or the yolk of an egg, and then washed off. The face should be washed first, and with a different sponge from the rest of the body, and great care taken to prevent any of the soap from getting into the eyes. “By failing to observe these simple directions, an ophthalmia of an exceedingly painful character is often induced.” Do not expose the entire body at once to the air when it is covered with soap and water, thus subjecting it to chilliness.

Cut the string that ties the navel cord, so that the ends are only about an inch long. Then wind a strip of old, soft linen (one-half inch wide and six inches long) around the cord until it is completely covered, keeping it in place by a piece of thread. The belly-band of fine, soft, firm flannel (four inches in width and eigh-

teen inches long) should be placed over this. Secure it with small safety pins. Do not make it *tight*, but just tight enough to hold the navel cord in place. The "burnt rag" sometimes used over the cord, is useless. It should be allowed to decay and drop off *without assistance*. It is a great mistake to suppose that the infant should be bandaged tightly about its lungs and bowels. The lungs are congested at birth, and need all the expansion they can get. The bowels should be left entirely free, for the same reason, since the breathing power comes largely from the abdominal muscles. If you would have a healthy child let the dress be free or loose, from the shoulders down. Do not pin the diaper too tightly about the waist, nor in such a manner as to spread the legs apart unnaturally. It weakens the hips, and often produces deformity in walking.

After it is dressed wrap it warmly in a soft flannel blanket, and lay it in a quiet place for rest. A pillow makes a good bed. It will probably sleep for several hours. Do not try to feed it or dose it with soothing syrup or oil. After the fatigue of birth, *its first need is rest*. But if it cries, and cannot be pacified any other way, it may be given the mother's breast. It will not get much, but this first fluid has a cathartic effect, and is very desirable on that account to remove from the bowels their ante-natal secretions. Sometimes there is no fluid at all in the mother's breasts for two or three

days. In such cases “nurses are *bewitched* to give the child a teaspoonful of molasses and water or some nauseous dose to move the bowels,” but no medicine is needed. A little sweetened water, or milk and water—a few drops at a time—may be given. The nurse you employ during confinement should be made thoroughly acquainted beforehand with your instructions regarding the infant, and should be pledged to their faithful performance. Above all things, warn her against dosing the child with medicine. Make her understand that it is not *medicine* the child needs—but nature, and the carrying out of natural laws. Instil into her mind the fact that she is acting under orders—that she is employed to carry out the physician’s instructions, and *not* to set up a reign of her own whimsical notions concerning the care of newly-born children. It is most important to both mother and child that she is in every way reliable. If she belongs to the class who traffic in family secrets, retailing them from patron to patron, she is not qualified for her responsible position, and should not be employed. She should not belong to the class who remorselessly *trot* a child up and down on the knee under pretence of soothing it, or cannot be content to let the infant rest undisturbed, after its wants are attended to. A *fidgety* nurse will be quite certain to produce restlessness in the infant. Dr. Guernsey writes that “after taking its food, the child naturally in the earlier periods

of its life feels an inclination to sleep. In this it should be indulged, for if tossed about and purposely kept awake, it will almost surely suffer from indigestion. I have often seen the nurse, after having fed the child, place it on her knees and trot it with an energy as if its life depended upon having the contents of its stomach well churned, and have heartily wished, that immediately after dinner she could be placed on some machine, where she might receive a practical lesson in the beauties of trotting."

As soon as the flow of the mother's milk is regulated, the child will require no other food. The supply of breast milk usually comes on the third day. In the meantime a good substitute for mother's milk is prepared by adding one part of fresh cream to ten of water, with a teaspoon of loaf sugar to every gill. The *water* should be heated, and poured on the milk or cream. Its temperature should be that of warm milk, or mother's milk, and always the same, at 96° or 98°, and it should be *freshly prepared* every time it is required for use. Small thermometers are almost indispensable for this purpose. Put the infant to the breast before it is fed, in order to hasten the coming of the milk. Do not feed it more than a gill at a time. The stomach of an infant is *not* a large affair—holding a little more than a tablespoonful—and yet mothers and nurses are afflicted with a mania for overfeeding and crowding that delicate

stomach, to the derangement of the whole system. Never attempt to soothe the crying of a child with the breast, unless you wish to inflict on it much suffering. Crying does not always arise from hunger ; indeed, it is frequently caused by an overloaded stomach ; and to put the bottle or breast to an infant's lips under such circumstances, only aggravates the distress. We cannot urge too strongly an avoidance of all such mistaken kindness. It is far more injurious to attempt over-feeding when the stomach is already congested from fullness in cases where resort is had to artificial diet, than where breast milk alone is used. It is like adding fuel to the flame. Many a little one is sent to the other world through this culpable ignorance on the part of those who have them in charge. Cases of chronic dyspepsia appearing in after years, have often been traced to this cause.

It is injurious to feed an infant and then put it to sleep, immediately after a hard fit of crying. The brain is excited, and when food is taken under that condition, followed by sleep, congestion is likely to occur. The child should be soothed and rested until the excitement subsides, and then only a portion of the regular amount of food be given. After ten or fifteen minutes he can be put to sleep with more refreshing results.

The rule for nursing, from the time of birth for the first six weeks, is at intervals of two hours during the

day, and four hours during the night. Dr. Shipman, of the Chicago Foundling's Home, recommends *no* nursing during the night. Others limit the time to the hours between nine or eleven o'clock at night, to four or six o'clock in the morning. It is very certain that frequent nursing through the night is an injury to both the child and the mother. After the first six weeks, the day interval for nursing should be lengthened to three hours. If these periods, after being once established, are strictly observed, the annoyance caused by the child's crying for the breast, will be avoided.

Infants frequently cry for a spoonful or two of cool (not cold) water, while the attendant persists in giving warm milk or medicine. When the child cries incessantly for food and yet is never appeased, it indicates—*not* hunger—but an irritated stomach. If indigestion is the cause, this can readily be learned from the character of its passages, which are like curds or chopped eggs. In any event, *rest* for the over-crowded stomach is demanded. If a spoonful or two of cool water in a *clean* feeding bottle be given the child in answer to its cries, it will be found both grateful and helpful,—tending to allay irritation and heat.

On the other hand, mothers often make the mistake of supposing that the child is fed if it has been put to the breast with proper regularity; until, through the suffering of the infant it is discovered that the milk is too

poor in quality, or that there is too small a supply to afford the needed nourishment. Watch the infant to see if it swallows; frequently they tug at the breast for half an hour and stop from fatigue, the mother supposing it is satisfied. When an infant keeps the lips moving as though tasting something, and wastes away through inanition, it is produced by a lack of proper assimilation. This, if not soon remedied, will run into that fatal disease, marasmus, which is a wasting of the tissues.

When a change is made to other milk, it should not be too rich at first, *i. e.*, too large a proportion of milk to the water, but very gradually increased, as the child is found to thrive.

Though not generally recommended, we have known of cases where pepsin, without acid, has been successfully administered for indigestion when the child was a few months old. A quantity about as large as two grains of wheat, is put into an ordinary feeding bottle. A half-teaspoonful of limewater, added to cow's milk, sometimes regulates digestion. Artificial foods (except cows' milk) should only be tried as a last resort.

The mouth of the infant should be washed with cool (not cold) water, every time after feeding. It prevents the Thrush. Do this with a thin, soft bit of muslin, wrapped loosely around the finger—an old handkerchief is good. Should there appear on the roof of the mouth,

or tongue, a white lining, put into the water a very little borax and honey, or sugar, to remove the unpleasant taste.

The Bath.

Give the child a warm bath—about blood heat—every morning, and follow this by rubbing the body all over with the hand. If the child is too delicate to submit to bathing every morning, lengthen the period to every alternate morning. The use of soap, except upon those portions of the body where it is positively needed, is not recommended. Its alkali, if in excess, will make the skin dry and rough. The addition of a tablespoonful or two of rock salt to the water is beneficial if the child is sickly, but when it is strong and robust, this is not needed. Wrap the child in a soft, warm blanket, as it comes dripping from the bath, to avoid taking cold, and only expose that portion of the body which is being wiped dry with soft, thick towels. If a bath of the above description cannot be taken, a sponge bath may be substituted. Cold-water baths are apt to shock the system too much to be of benefit. The infant should nurse after, not before bathing. After the bath use Lubin's baby powder freely, applying it with a puff of swan's down; but in the creases of flesh—especially with fleshy infants—make the application with the finger. One day's neglect of these little matters often causes

serious trouble. Sometimes from too frequent urinating, the parts become chafed, and in that event, dispense with the powder and rub gently with the fingers, browned flour over the chafed parts. If, however, as is often the case, the parts look red and inflamed, bathe them in sweet cream, or even milk; it is cooling, and draws out the heat. Occasionally, wash off the cream with tepid water, dry with soft towel, and rub on the browned flour.

Great care should be exercised in handling young infants to prevent the tender body from becoming crooked in any manner. It is not well to lean the child forward with one hand pressing against the delicate lungs, or to hold it in the lap in a bent position. When the infant is taken up let it lie out straight in the arms, or be carefully supported against the person. In any case, do not keep it too long a time in one position. There is great danger of curvature of the spine or some deformity resulting from undue pressure on the lungs, or from allowing too much drooping of the head and neck. A newly-born baby is the most delicate of all mechanisms, and should be treated with corresponding care. Lying flat on the bed is recommended instead of too much carrying in the arms, or too much nursing in the lap. It will thus learn sooner to kick about with legs and arms, and obtain the exercise needful to its growth. It can be gradually accustomed to lying on the floor (when

protection can be had from cold currents), and thus learn to roll and creep after its playthings.

Sleeping Arrangements.

As authorities disagree on the subject of whether an infant should or should not sleep with its mother, we will present both sides of the question. There are many things to be considered, and the matter must largely be referred to personal judgment.

Some authorities maintain that the infant has not vitality enough to keep itself warm apart from the mother, while others are of the opinion that very few mothers can endure the drain upon their strength of allowing an infant to lie upon the arm, or close by the side during the night. The child thrives better, they contend, to sleep alone, tucked snugly in its crib. In either case, there are some hints to be given, which appeal to common sense in the matter. Never cover an infant with too much weight of bedclothes. The covering should be proportioned to the season, of course, but it should always be light as well as warm. Never permit an infant to breathe the impure air *inside* the bedclothes where the bodily exhalations are constantly escaping. Arrange the covering carefully about the neck and shoulders so that the lungs may breathe only the pure outside air. The old-fashioned, solid-topped cradle is to be avoided on account of shutting off the

free currents of air so necessary to breathe during sleep.

The Bed.

Whatever is used for the bed, make it high enough to be beyond reach from the cold currents blowing on the floor. It is an excellent plan in putting the infant to rest at night, to loosen all its clothes, and bands, and gently rub its back, stomach, and limbs, especially its back. This takes out the tired feeling, refreshes, and starts the circulation, and if it is not in pain, insures it a good night's sleep. The omission of this simple duty explains why so many babies are never quieted until they are taken up in the night and walked with.

The Wet Nurse.

If from any cause the mother cannot nurse her child, a healthy wet nurse is the best substitute. The percentage of mortality among infants who are brought up on breast milk is much less than in the use of artificial foods. If it becomes indispensable to have a wet nurse, the greatest care should be exercised in the selection. Her health, her temperament, her habits and moral character, should all be taken into consideration; for every particular regarding her has its influence on the child she nurses. Stimulants of all kinds are extremely injurious. The age of the breast milk should be about the same as that of the mother, as the milk undergoes

constant change from the child's birth to the close of the nursing period. If a choice is to be made between a nurse whose child is living and one who has lost her infant, take the latter,—other things being equal. The danger of deserting her charge, should anything befall her own child, is thus avoided, and she will be more apt to give her undivided attention to the nursling.

Her age should not be under twenty, nor over twenty-eight ; the richest milk is yielded during this period.

One with brown or black hair is preferable to a light or red-haired woman—the light hair taking precedence of the red. The milk of the light or auburn-haired woman, though more abundant, is not so rich in quality as that of her darker-haired sisters ; consequently does not furnish so much nourishment. Red-haired women are to be avoided, on account of their temper. The diet of the nurse should be directed by the mother ; but beer or other malted drinks are to be shunned.

Above all things, see that the nurse you employ, during confinement or afterward, does not secretly administer sleeping potions in the shape of cordials, soothing syrups, etc. They are especially to be condemned. They contain opium to a greater or less extent, and fatally injure the health when they fall short of inflicting mortality. This practice is a vice which—strange as the statement may seem—is in vogue among nine nurses out of ten.

When the nurse takes the baby out for an airing in its carriage, can she be trusted to choose healthful localities, or does she visit some alley to see her friends, and thus bring the infant in contact with impure atmospheres which cause sickness?

Do not veil the child too closely from the air, and thus cause it to breathe over again its own exhalations. The veil should always be thin, and loosely adjusted. Of course, in warm weather, none is required. Do not use green mosquito netting over carriages or cribs. It is colored with arsenic, and you thereby subject your child to the contagion of poisoned air.

Pure Air—Sunlight.

Dr. Hunt, a prominent physician of New York, after an experience among hospitals and in a large city practice, said that if three requirements of health could be faithfully observed, *no one would ever need to take medicine.*

These three essentials were:

Plenty of sunlight,

Plenty of out-door air, and

Plenty of cleanliness—or proper bathing.

If this trinity principle of bodily wealth, which is health, could be put into golden text on every brain, the world would be speedily revolutionized.

Keep your dwelling house constantly supplied with

fresh air.. Wage active war on bad odors, and confined rooms without ventilation. Dread them as you would a death trap,—for the death that lurks in them is a far more dangerous foe than any open danger. Never sleep in a small, close bedroom. During sleep, the body is in a negative, receptive condition, and absorbs poisoned atmospheres more readily and in larger quantities than during the waking hours, when all its faculties are alert. Perfect ventilation in the sleeping apartment is an absolute necessity of health. Growing children and those suffering from illness are more sensitive to these conditions than many others, and hence, if the mother's love for her child is practical instead of merely theoretical, she will secure for it the conditions of health.

One of the most important needs of life at all times—in health or disease—is a constant supply of fresh air during sleep. The common objection against “night air” is answered by the fact that no other air has yet been discovered to exist at night, except “night air.” It is wise therefore to inhale it in its purity rather than loaded with impurities. Many an ailment has been cured by no other remedy than a “change of air.” Many an infant sufferer has been called back to life from the ravages of cholera infantum or other ills, by taking it out on the lake, muffled up warmly to ward off cold, but freely exposed to the currents of pure and bracing air from the uncontaminated waters.

In a close bedroom, sleep is heavy, and the sleeper awakes in the morning unrefreshed. The windows in the sleeping apartments should be so arranged during the entire year as to produce an outward and inward current, thus evacuating the impure, and supplying the pure air. This can be done by lowering the upper sash and raising the lower. The two air currents are essential to ventilation, and ventilation in a sleeping-room is as necessary to keep children well as to provide them with their daily bread.

The chemistry of sunlight is also an important factor in the laws of life. When epidemics prevail, the shady side of the street suffers more than the sunny side. In the St. Petersburg hospitals the percentage of cure in well-lighted rooms was discovered to be four times greater than in dark, unventilated apartments. Among those Alpine valleys where the direct rays of the sun do not penetrate, "cretinism or a state of idiocy," accompanied with large goitre, prevails. "Rickets, deformities, crookedness and swelling of the bones, are common among children who are kept in dark alleys, cellars, factories, and mines." The tadpole cannot develop into a frog in the dark, nor propagate its species.

Flowers droop deprived of sunlight, and human flowers are no less sensitive.

Never exclude the light from a sick room.

When the weather permits, infants and children

should be kept in the open air and sunlight as much as possible. Of course, during the extreme heat of the season it is necessary to be shielded somewhat from the *too* direct rays of the sun. The shade of a tree is sometimes all that is necessary.

The established rule should be to take the infant out every pleasant day during the entire year. In winter the chosen hour should be mid-day; in summer, the morning is the best time for an airing.

Artificial Feeding.

In case the bottle must be substituted for the breast, as often happens, the *greatest* care must be exercised.

Cow's milk with enough boiling water added to bring it to blood heat, and the addition of a little sugar, is very generally conceded to be the best artificial food. If this disagrees with the stomach, the following preparation is advised:—Boil an ounce of sugar of milk in three gills of water for a few minutes, and add to it three gills of milk. The food prepared from grated carrot (see article on *Atrophy*) has been the salvation of many infant lives. But cow's milk is the best substitute for human milk, and it is sometimes an advantage to mingle the milk of several cows, instead of using that from one only. The morning's milking has less fat and casein than that obtained at night, and is therefore the best. Beware of too great a dilution of the milk, thus robbing the child

of its nutriment. One-fourth water, or at the most one-third, is all that is admissible, and this must be discontinued in a few months. If the child is brought up on cow's milk, it requires no other food, until at least a few teeth have made their appearance; usually from the sixth to the ninth month. The use of "sugar-teats" is very injurious. They produce inflammatory action, and interfere with digestion.

When it is desirable to render cow's milk more digestible, to suit the stomach of the infant, half a teaspoonful of powdered gum Arabic to a cup of milk, or the same quantity of limewater, is advised. The indigestion, of course, can be determined from the character of the stools, which are unchanged curds, or "chopped stools."

Avoid the use of starchy foods. Starch must be mixed with the saliva before it can be digested. But the saliva of the infant dribbles away, and it has no teeth to use in the mixing process; therefore the mass remains undigested. "It is easy to understand then, how boiled rice, gruel, arrowroot, baked flour, rice or other starch foods, scraping and scratching along the delicate, sensitive bowels, might readily produce all the ills to which infantile flesh is heir."

The following table shows the difference between human milk and cow's milk :—

PROPERTIES.	HUMAN.	COW.	GOAT.
Casein (cheese).....	2.95	4.48	4.02
Butter.....	5.20	3.13	3.32
Sugar	6.34	4.77	5.28
Saline Matters.....	0.45	0.60	0.58
Water.....	85.06	87.02	86.80
	<hr/> 100.00	<hr/> 100.00	<hr/> 100.00

The conclusion to be drawn from this comparison is that the more closely we can imitate human milk, in artificial feeding, for the newly-born infant, the less disturbance is likely to take place in the delicate digestive organs. Cream, slightly sweetened, and reduced to the thinness of human milk by a sufficient quantity of warm water, makes a successful imitation, and one that experience has proven is most apt to agree with the infant. As the cream consists mainly of the fatty portions of the milk, this mixture lessens the casein (which is the indigestible portion), and increases the nutritive or butter properties.

If cream can not always be obtained, the *top* of the milk should be used. It should be freshly prepared every time it is needed, adding the warm water to make it of the proper warmth, *instead of heating the mixture* afterward.

One part of milk, two of water, sweetened by a teaspoonful of sugar to a gill, is about the proper proportion

to be used at first. Or, four spoonsful of boiling water poured upon one of sweet cream, adding a very little loaf sugar. The quantity of milk should be gradually increased as the infant is found to thrive. After the sixth or eighth week the following mode of preparing the food is recommended:—Teaspoonful of sugar of milk boiled for fifteen minutes in half a tea-cupful of water, after which add tea-cupful of fresh milk. It should be used at once. A glass fruit jar is the best receptacle for milk. For the first three weeks the quantity required at each meal will be six or eight tablespoonsful ; after that it should be gradually increased. At four months, or about that period, the water should only constitute one-third of the food given, and from that time forward the proportion of milk should be gradually increased, until no dilution is necessary. After five months, the broth from animal food may be given once a day in *very small* quantities.

When the milk is rejected some of the infants' foods now on the market have been found to answer ; or a little of Cox's gelatine dissolved in four ounces of water and milk, or a teaspoon of cooked corn-starch or arrow-root dissolved in milk and water instead of the gelatine, will render it digestible.

Dr. Duncan recommends an egg drink during teething, which consists of six ounces of boiling water cooled to blood heat, into which is stirred the white of an egg

and a little salt. Later, as the doses are increased, the yolk of the egg is also added.

In case of great delicacy of constitution in the child, the mixture recommended elsewhere in these pages (one part of rich cream to ten of water and teaspoon of sugar to every gill) can be used.

The feeding bottle should be thoroughly cleansed every time after being used. If there is the least tendency to a tainted or sour smell, it should be soaked in soda water. A sweet feeding bottle is of great importance. Have a second one ready if necessary, and keep the one last used, including the tube of course, soaked in soda water until needed. Be sure to rinse in fresh water before using it.

The following diet from six to twelve months has been recommended by excellent authority:—At seven o'clock a coffee-cupful of artificial food; at half-past ten a coffee-cupful of milk; (add teaspoonful of limewater if the milk cannot be assimilated without); at two o'clock a tea-cupful of milk, into which has been beaten the yolk of one egg; at half-past five, a coffee-cupful of artificial food; at ten o'clock P. M., coffee-cupful of milk. Or vary the above with a dessert spoonful of pearl barley jelly dissolved in warm milk for the first meal of the day. Or, two of the five meals may consist of milk thickened with flour porridge or a teaspoonful of boiled flour. A small teacupful of beef tea may sometimes be given as a variation.

In case of constipation, a teaspoonful of oatmeal may be used instead of the farinaceous foods mentioned ; but farinaceous diet should never be given to exceed twice a day.

The barley jelly is made by boiling pearl barley for six hours, afterward straining it and allowing it to cool.

The diet from twelve to eighteen months may be suggested as follows :—A cup of bread and milk on first awakening in the morning; the milk should be new, and the bread stale. *Or*, the yolk of a lightly-boiled egg, cup of new milk, and slice of thin bread and butter.

The meal in the middle of the forenoon may consist of a cup of milk and slice of bread and butter, and at half-past one o'clock a cupful of beef tea and bread with a tablespoonful of light, farinaceous food, or a baked potato and beef gravy, with a cup of milk. At five o'clock, a cup of bread and milk as in the morning. If an additional cup of milk is required at ten P. M., it should be given. Some children do and some do not require more than three good meals a day, or four of the kind described.

In case the three-meal system is adopted, three-quarters of a pint of milk into which Neave's food has been mixed, is suggested as the first meal at 8 A. M. At one o'clock the following is good :—Add to three-quarters of a pint of milk the yolk of an egg well-beaten, and a teaspoon of flour and fine oatmeal beaten up in four

tablespoonfuls of cold water ; boil until it thickens. At half-past five o'clock repeat the diet of the morning meal.

If the egg is found to disagree with a child it should, of course, be discontinued. Biliousness or constipation may be often relieved by rubbing the hand gently over the region of the liver.

From two years old and upward the diet may include meat once a day, and well-cooked or preserved fruit. The occasional substitution of cocoa for milk is sometimes a wholesome change.

Regularity in eating and sleeping are very essential habits. Nature soon adapts herself to systematic treatment, and responds with healthful action, while she punishes irregularity with suffering. For instance, the headaches so often complained of among women are many times the result of constipation; and constipation can be corrected, in nine cases out of ten, by simply observing *regular* hours for movements. You may choose any hour of the day you like, but make that hour *regular*, and if persisted in, the cure is sure to be wrought without the aid of medicine. Some of our best physicians have recommended this course to their patients, with the most satisfactory results.

Directions Regarding Medicines.

As a general rule, a dose is one drop of tincture, or two pilules. Or, if the patient is a very young infant, give a half or third of this quantity. It may be divided

by mixing with it two or three spoonful of water, and giving one spoonful to a dose.

In acute attacks, where the violence of the disorder requires it, the remedies may be given every fifteen, twenty, or thirty minutes; otherwise, every two, or three, or four hours. As soon as the malady abates, the remedies should be given gradually less frequently until they are no longer required. The pilules may be placed on the tongue and thus taken dry, but it is best to dissolve them in filtered or soft water. In tinctures, wet the cork before removing it, and then place the mouth of the bottle against the middle of the cork. This mode will allow the drops to form easily and accurately.

The twenty-four chief remedies used by the best received authority, are as follows:

	ABBREVIATION.	ATTENUATION.
Aconitum Napellus.....	Acon.....	3 X.
Arnica Montana.....	Arn	"
Arsenicum Album.....	Ars	"
Belladonna.....	Bell.....	"
Bryonia.....	Bry.....	"
Calcarea Carbonica.....	Calc. C.....	5
Calcarea Phosphorata	Calc. P.....	3 X.
Chamomilla Matricana.....	Cham.....	"
China Officinalis.....	Chin.....	"
Cina Anthelmintica.....	Cin.....	"
Coffea Cruda.....	Coff.....	"
Drosea Rotundifolia.....	Dros.....	"
Gelsemium Semper virens.....	Gels.....	"
Hepar Sulphurus Calcareum.....	Hep. S.....	3 X.
Ipecacuanha.....	Ipec.....	"
Mercurius Solubilis.....	Merc. S.....	6
Nux Vomica.....	Nux V.....	3 X.
Phosphorus.....	Phos.....	3
Pulsatilla Nigricans.....	Puls.....	3 X.
Rhus Toxicodendron.....	Rhus.....	"
Silicea.....	Sil.....	6
Spongia Marina Tosta.....	Spong.....	3 X.
Sulphur.....	Sulph.....	"
Veratrum Album.....	Verat.....	"

The attenuation of the pilules of some of these remedies must be a little modified by the experienced pharmacist. Arnica, Rhus Toxicodendron, and Calendula should be kept in the strong tincture, for their use in case of accidents. Camphor should be kept separate from other medicines.

Medicines should be alternated where it cannot be decided which of two remedies is the best.

In *all* cases, chills are followed by fever. Do not wait, therefore, until the fever is already upon the patient, but forestall it by giving Aconite,—the fever remedy. It will greatly modify the attack, and render cure more rapid.



DISEASES OF EARLY INFANCY.

Swelling of Infants' Breasts.

This is due to a natural secretion, which should be left to nature to absorb. Nurses, however, sometimes attempt to correct natural law, and squeeze the breasts to eject the fluid, thereby producing inflammation and suppuration.

Give *Acon.*, if there is much inflammation. For slight redness,—*Arnica*. If of an erysipelas nature,—*Bell*. For suppuration,—*Hepar S.* Dose, every four hours.

The swelling can be reduced in most cases by covering the breasts with lint dipped in sweet oil. If this treatment is not effective, try bathing in warm brandy and water, and give internally *Cham.* and *Bell.* alternately, morning and evening. Dose, one globule.

If further treatment is required, apply a bread and milk poultice until the gathering breaks, giving one globule of *Mercury* and *Hepar*, every alternate evening.

Swelling, or Elongation of the Head.

This sometimes occurs at birth, owing to the softness of the cranial bones,—especially after difficult labor. If it does not disappear in two or three days, or if the

swelling is very unusual, wash it with Arnica tincture and water—six drops to a teacupful.

Red Gum.

It may be either red or white. It comes in blotches, elevated in the center, and sometimes covers the entire body, though appearing generally on the neck, arms, and face. It is the result of improper food and bad ventilation.

If the tongue is white, with vomiting and indigestion—*Ant. Crud.* Or, if with diarrhœa tendency,—*Puls.* Chamomilla, however, is generally used, and is most effective. Hygienic conditions are indispensable to the patient, and if not observed, remedies are useless. Children should not live in too hot rooms. Give them plenty of fresh air and wholesome food, and the nettle rash with kindred blood poisons, cannot exist

Nettle Rash.

A burning, smarting eruption, coming on usually at night. When the cause is a chill, with fever, give *Aconitum*. With excessive irritation, and when occurring in damp weather,—*Dulcamara*. When caused by too much pastry and fat—*Pulsatilla*; or by eating shell-fish or almonds,—*Antimonium Crud.* If the spots are like flea bites, with purple colored swelling, use *Rhus. Tox.*

Chafing and Soreness of Infants.

Wash and carefully dry the parts two or three times a day. Saturate them with Calendula lotion (teaspoonful to a tumbler of water), or, if the case is severe, a lotion may be used composed of Tinct. of Hydrastis, one part, Glycerine, five parts, and water, five parts. A powder made of equal parts of Lycopodium and Oxide of zinc, or Fuller's Earth, is recommended. The treatment used in scrofulous children should be *Calc. Carb.* *Chma.* is the remedy given to infants. If there is much raw soreness—*Mercurius Sol.* With chronic itching,—Sulphur. When attack does not easily yield to treatments—Lycopodium.

Thrush or Sore Mouth.

The mouth is covered with little white specks or patches, extending to the tongue, gums and palate. It is caused by improper food, bad air, or lack of cleanliness. *Borax* or *Mercurius* given three times a day, are the usual remedies given.

If the patches are dark colored, the breath foul, accompanied by excessive diarrhœa and weakness, give *Arsenicum*.

Diarrhœa, running saliva, foul breath, indicate *Mercurius Sol.* It should be given on first appearance of the white specks. If accompanied with eruption, give *Sulphur*. If the patient does not rest, and the aphthae bleed profusely, *Borax* is indicated.

The mouth should be washed with a solution of Borax made of ten grains to an ounce of water, several times a day. Cleanse the mouth before using the lotion, with a linen rag and warm water.

Proper food is the chief thing to be thought of. If Thrush cannot be cured easily, the infant should be weaned, or a change of breast milk given. Cow's milk, with water, also *sugar-of-milk*, if the child is weaned, are wholesome foods.

Open air and well-ventilated rooms, especially sleeping apartments, are very necessary.

Inflammation of the Mouth.

The lining membrane of the mouth is ulcerated, red, and dry; the tongue slightly swollen, also the gums and palate. The breath is foul; these symptoms may sometimes be accompanied with salivation.

Kali Chloricum is the chief remedy. Dose, three times a day. If mercury has been used in Allopathic doses, this remedy is of especial value. If there is clinging mucus, redness of a dark hue, and the lips and tongue show ulceration, *Hydrastis* is indicated. In slight attacks, with watery saliva, use *Mercurius Sol.* 3X.

Wet the mouth often with Barley-water or solution of one teaspoonful of glycerine to large wine glass of water.

Mouth Canker.

This kind of poisonous ulceration occurs in underfed subjects, or those whose living apartments are filled

with impure air. *Mercurius*, given three or four times per day, is in a majority of cases, a specific for the disease. *Mur.-Ac.* ranks next to *Mercurius*. *Sulphur* is given in chronic cases.

Ruptured Navel.

Apply a piece of flat sheet lead or ivory, covered with a pliable leather, or a round piece of cork with convex surface and covered with leather, retained in place by bandaging—not too tightly. One or two months of this treatment is usually enough. *Nux Vomica* at night and *Sulphur* in the morning are advised.

Hydrocephalus or Water in the Head.

In this disease there is a great disproportion between the size of the head and face. There is usually emaciation and constipation. “Infants suck well, yet do not grow.” The head is hot, and there is pulsation in the anterior fontanelle. The expression is dull and aged, and there is a continual inclination to lie down. *Bell.*, given in the early stage, followed by or alternated with *Calc.-Carb.* or *Merc.-Sol.* 6.

Throat swelling and inactive kidneys, indicate *Apis*. Convulsions and head symptoms,—*Bell.* With prostration and abdominal glands enlarged with non-nutrition,—*Arsen.-Iod.* With scrofulous subjects, enlarged joints, etc.,—*Calc.-Carb.* For weak circulation, suppressed urine, and if born of drunken parents,—*Digitalis*. For flabby condition, abdomen enlarged, and

paleness,—*Ferrum-Iod.* Head rapidly enlarging,—*Helleborus*. Inherited syphilitic taint,—*Mercurius S.*

6. If covered with eruptive sores, or dry skin,—*Sulphur*.

Open-air exercise, nourishing diet and cod-liver oil are recommended as additional measures.

Infantile Convulsions or Fits.

Use *Camphor* immediately, either by inhalation or inserting the finger, with a drop of the tincture, between the lips. *Bell.* and *Cham.* are the next most effective remedies.

If with fever, or caused by fright, *Aconitum*. Flushed face, brightness of eyes, the body rigid,—*Bell.* From suppressed eruptions,—*Bryonia*.

“*Depression of fontanelles,*”—*Camphor*. (“For infants, one or two drops on a little sugar.”)

Irritability and twitching in sleep,—*Hyoscyamus*. Face swollen and purple, snoring, constipation of kidneys and bowels,—*Opium*. A succession of convulsions,—*Veratrum Viride*. A hot bath is of great service in these cases—prolonging it for five or ten minutes. The mother should not nurse her child when her blood is over-heated, or she is under violent excitement. Fatal results sometimes follow. If a tendency to convulsions is discovered, adding a teaspoonful of limewater to a feeding bottle of milk, often prevents further progress of disease.

Sleeplessness.

If with a feverish condition, give *Aconitum*. If with a hot and throbbing head, crying without cause, or abnormal visions, give *Bell*. When caused by excitement of an agreeable nature, *Coffea*. From nervous friction in sensitives,—*Hyoscyamus*. When caused by grieving and depression,—*Ignatia*. Indigestion or constipated bowels,—*Nux Vomica*. From over-eating or indigestion,—*Puls*. Abnormal visions,—*Opium*. Bathing the head with cold water or gently drawing the hands over the forehead and then downward along the sides of the face, is very soothing.

Cold in the Head or Snuffles.

Camphor should be given at the commencement of this disorder. For infants a few drops of the tincture held in a spoon to the nostrils every twenty minutes, allows the remedy to take effect by inhalation. *Aconitum* is always the remedy for febrile indications.

For watery discharge,—*Arsenicum*. Profuse flow from the eyes,—*Euphrasia*. “Running cold” or where the discharge resembles pus,—*Mercurius Sol*. 6. “Stuffy cold,”—*Nux Vomica*.

A warm bath on retiring, with drinking freely of cold water, promotes cure.

The PREVENTIONS for cold, are exercise in the open air daily, sponging the body quickly in cold water and rubbing with the hands afterward until a glow is produced; proper clothing, and living in rooms well-ventilated, and not over-heated.

DISEASES OF THE DIGESTIVE SYSTEM.

Simple Diarrhœa.

Simple Diarrhœa, with straining, and blood-streaked stools, indicates *Ipecacunha*.

Bilious discharges with frequent vomiting—*Iris*.

For excessive straining and bloody evacuations—*Mercurius-Corr*.

For greenish-white stools, with mucous and watery straining, thirst, nausea,—*Mercurius Dulcis*.

For retching without vomiting, rolling of the head, restlessness, sudden and fœtid discharges, better at night, worse in the morning,—*Podophyllum*.

Cow's milk is the best substitute for the breast—in some cases with *limewater* added, a tablespoonful to about six ounces.

Cold milk and limewater is often sufficient to arrest painless attacks of diarrhœa. When it is severe, however, *mutton broth*, *whey*, *barley-water* or beef tea takes the place of milk food.

With tendency to “failure of pulse” and “collapse,” brandy in doses of ten to twenty drops in milk or limewater, is administered every hour or half hour.

Chronic Diarrhœa in Infants or Young Children.

Chronic Diarrhœa in infants or very young children, when accompanied with *weakness, emaciation, paleness, restlessness, cold hands and feet*, watery, slimy or bloody stool, worse after midnight and after food, *vomiting, pain in bowels, great thirst, white or bluish tongue*, indicates *Arsenicum*.

Diarrhœa with worms,—*Cina*.

With loss of appetite, *weakness, putrid stools*, flatulence, aggravated by eating,—*China*.

With thirst after stools, sourness and flatulence, offensive odor,—*Carbo Vegetabilis*.

In scrofulous subjects with glandular swellings on taking cold, frothy, putrid, involuntary stools, faintness afterward; thread worms,—*Calcareæ Carbonica*.

In children with consumptive tendency, lung difficulty and great weakness,—*Phosphorus*.

When there is a hard, knotty feeling on pressing the bowels, with enlargement, in chronic diarrhœa,—*Mercurius Iodatus* is indicated.

Discharges of greenish white or frothy, bloody mucous, jaundice, great pain, frequent stools, indicates,—*Mercurius Sol*.

Inflammation of the Bowels.

The symptoms are nausea, thirst, pain in bowels, diarrhœa or constipation, quick, wiry pulse, dry, hot

skin. In nearly all cases the initial treatment is *Aconitum*. When this does not relieve and there are severe pains around the navel with great prostration and vomiting, use *Arsenicum*.

For pale discharges, brown-coated tongue, bitter taste in the mouth,—*Kali Bichrom*.

For bilious vomiting, distended abdomen, gripings,—*Colocynth*.

With diarrhœa and character of discharges changing with every stool, and tendency to jaundice,—*Podophyllum*.

With constant straining, mucous or bloody discharges, distention and hardness and tenderness of abdomen, *Mercur.-Cor*.

Consumption of the Bowels.

This is a gradual oozing away of the tissues. The symptoms are acute pain, swollen abdomen, variable stools, capricious appetite, flabby skin, fever, diarrhœa, night-sweats and starvation from impossibility of carrying forward the nutritive functions.

Weakness, thirst and excessive diarrhœa, etc., indicate *Arsenicum Iod*. With scrofulous indications, glandular swelling, etc., *Calc.-Carb*. Night-sweats, diarrhœa, changeable appetite,—*Iodium*. Excessive diarrhœa and swelling of abdomen,—*Merc.-Bin*. Give *Sulphur* in first and last stages.

An olive-oil bath is beneficial when there is emacia-

tion. A nutritive diet, including fresh meat, beef tea, soda water, limewater and cod-liver oil are effective helps.

Falling of the Bowel.

When the stools are preceded by thirst and pain, and are hot and loose, give *Arsenicum*. If the patient is scrofulous and the case chronic,—*Calc.-Carb.* Bloody stools and straining, *Merc.-Cor.* Falling of the rectum, acrid smell and looseness of the stools,—*Podophyllum*. Flatulence and inflamed rectum,—*Lycopodium*.

Replace the bowel whenever protrusion occurs. Cold water applications to the parts every morning are advised; constipation should be at once corrected.

Cholera Infantum.

The period known as “teething” is the one most accessible for the ravages of this dread disease. Its causes are various, but the most fruitful is *improper food*. Farinaceous food irritates the intestinal canal, and this irritation at length becomes diarrhœa, or its more acute form, “cholera infantum.”

Sour milk, or deteriorated breast-milk, or too much sugar in the food—these, in conjunction with the heated atmosphere and its electrical conditions, are active causes. Slight attacks may be permitted to effect their own cure in a day or two, often producing beneficial results; but in advanced stages, aggravated, at night, with *great thirst* and paleness, *Ars.* is recommended.

When the symptoms are *excessive vomiting, cold sweat on the forehead, coldness of bowels, great prostration, free, frequent and watery discharges*, use *Veratrum Album*.

Constipation.

Begin the treatment with *sulphur*—given night and morning. For difficult and straining passages, with headache and tongue coated brown,—*Bryonia*. Flatulence,—*Lycopodium*. For copious saliva, whitish stools, sallowness, give *Mercurius Sol*. For irritability, uneasy sleep, ineffectual desire for passage of the bowels,—*Nux Vomica*. If the bowels are torpid, and there is drowsiness and headache or dizziness, with torpid kidneys,—*Opium*. In obstinate attacks, where the stools consist of “small balls,” give *Plumbum*. For constipation after diarrhœa, falling of the bowel, restlessness, sallowness,—*Podophyllum*.

Change the diet at once. Give no starchy foods to infants, and use cow’s milk in moderate quantities, if used at all. Cheese should be banished from the bill of fare, and not too much meat allowed. Plenty of fruit and fresh vegetables and brown bread should be used. A glass of cold water the first thing in the morning and on going to bed at night, is good. Rubbing the back and across the bowels with the hand is often an effectual remedy. *Avoid purgatives*.

Worms.

Cina is the best usual remedy for thread or round worms. The oil of the male Fern is given in large doses for tapeworm. For whitish diarrhœa and tongue white,—*Ant.—Crude*. With nervous disorders, thick, white discharge from the kidneys, vomiting, itching at the rectum, sudden cries during sleep, dark circles under the eyes,—*Cina*. With profuse saliva, distended abdomen, foul breath, restlessness, bloody or whitish stools,—*Mercurius Sol.* 6. For constipation, worm colic,—*Sulphur*. Also during convalescence. If there is unusual itching of the anus at night, give *Urtica Urens*. Excessive irritation may be allayed by salt and water injections ; teaspoon of salt to half a pint of water. Applying lard every night for ten days has a good effect. Sweet oil is also soothing. The diet should include well cooked meats, and a large allowance of salt.

Treatment for Toothache.

If produced by cold and fever indications are present, use *Aconitum*. For intermittent pains in the tooth,—*Arsenicum*. If the temples throb with pain,—*Bell*. If the pain is increased by cold or hot food or drinks, and the cheeks are sore,—*Bryonia*. If aggravated at night, one cheek pale and the other red, violent paroxysms of pain,—*Chamomilla*. If caused by decay or looseness, with pain reaching to the ears,—*Mercurius*

Sol. 6. When caused by undigested food, aching on the left side of the face,—*Pulsatilla*. When producing a sensation that the teeth are too long, with decayed cavities,—*Staphysagria*. *Kreasotum* is advised when the gums are red and painful, the breath foul, and ulceration is present.

Hot compresses are sometimes helpful, and electric treatment often affords swift relief. Apply the negative pole of the battery to the cheek of the aching tooth, and the positive to the back of the neck.

Retention of Urine.

The enlarged bladder may be recognized in the lower part of the bowels by palpitation, and is discovered to be full. In *suppression*, it is empty.

If resulting from cold or fever or inflammatory action, give *Aconitum*. Slight discharge of thick, mattery urine,—*Cannabis Sativa*. Frequent desire and entire suppression,—*Cantharis*. Periodic retention,—*Gelsemium*. With constipation and heat in the lower abdomen,—*Nux Vomica*; Relaxed bowels, with heat,—*Pulsatilla*. The diet should be sparing; warm bathing, with hand rubbing afterward, especially down the spine, is advised.

Incontinence of Urine.

When occurring most frequently at night *Belladonna* is advised. If the urine is strong and high colored, give *Benzoic Acid*. Scrofulous subjects,—worms, *Cal.*-

Carb. With fever, and if the urine is reddish, — *Cantharis*. Indigestion, foul breath, “uneasiness in urinating,” — *Chamomilla*. If not able to retain the urine in the daytime, give *Ferrum*. If the inability is present night and day, give *Gelleminum*. If from thread-worms, — *Cina*. If the urine is alkaline, pale and excessive, — *Phos. Acid*. Avoid acid foods, spirits, tea and coffee, and salt; meat may be eaten in moderation, also fruit. Cold water and mucilaginous drinks are recommended ; also cold ablutions in the morning if quickly done, so that no chill follows. Whipping the child only increases the disorder. When incontinence of urine is caused by nervousness, it can be detected in the infant by the effect produced on the nerves by sudden noises, like slamming a door, etc.; in these cases *Ignatia* is the almost certain remedy.

Vomiting.

If the milk thrown up is uncurdled, it indicates weakness of the stomach, and the quantity taken should be reduced, and given a little oftener. Bad hygienic conditions, such as too little sunlight, impure air, uncleanness, starchy foods, — using arrowroot and other indigestible substances in place of breast milk, — these are mostly the causes of this derangement. If there is diarrhoea, vomiting of bile, thirst, eructations and nausea, — *Antimonium Crudum* is indicated.

Vomiting of mucus and nausea, produced by food, — *Ipecacuanha*.

Simple vomiting from indigestion,—*Pulsatilla*. Sour vomitings, or greenish, bilious matter, with aversion to food, and constipation,—*Nux Vomica*.

If the patient is a nursing child, the mother's diet should be changed. If the child is weaned, the change should be made in its diet. Avoid giving too much food at a time; the stomach often needs rest, especially after vomiting. Nothing should be taken into the stomach for an hour or two, unless it be small pieces of ice, which have a tendency to allay vomiting. Sponge the body once a day in cold or tepid water.

When there is chronic vomiting, with hard and swollen abdomen and constipation,—*Calc.-Carb.* is indicated. If the health is generally bad and the vomiting continued, give *Kreasotum*. In obstinate cases the food should be cool or cold. Food given too hot is an injury. In extreme prostration sponge the body twice a day with warm water and afterward rub it thoroughly with olive oil. Cold beef tea given in small doses and at frequent intervals, is advised.

Sore Throat.

In the common type, give *Acon.* immediately—every two hours. If the color is bright red accompanied with painful swallowing,—*Bell.* is indicated. If it results from dampness or a wetting,—*Dulcamara* is the remedy. For lump in the throat, increased at night,—*Mercurius Sol.* Wet compress, steaming, or sipping cold water, are helps in the cure.

Quinsey.

If attended to at once, *Aconitum* should be given until a few doses are taken, to be followed by *Baryta Carb.* If suppuration cannot be avoided, give *Hepar S.* Fever and pricking sensation in the throat indicates *Aconitum*. Head symptoms,—*Belladonna*. In scrofulous subjects when the disease is chronic,—*Calc.-Carb.* With neuralgic pains,—*Guaiacum*. With profuse salivation, foul breath, etc.,—*Mercur.-Iod.* Give *Hepar S.* after suppuration. Cold water bandages and taking ice in the mouth are advisable at first. If the disease continues toward matteration apply hot linseed poultices, and steam the throat. Diet,—thickened milk.

Jaundice.

Mercurius is the remedy oftenest effective. Dose, every three hours; if accompanied with fever symptoms, give *Aconitum*; when caused by *mad-fits*, give *Chamomilla*. When from indigestion, cold, or over-exertion, give *China*. If the patient suffers from mercurial poison, give *Mercurius-Sol.* 3X. For constipation, pain in the liver, and nausea, give *Nux Vomica*. Open air exercise and proper diet are essentials to cure. Cold water compress over the liver is advised.

DISEASES OF THE RESPIRATORY SYSTEM.

Inflammation of the Lungs.

This ailment comes on with severe fever, short, dry cough, with expectorations of greenish, yellow, or rusty-colored mucous, difficult breathing, high-colored and hot urine, great thirst, variable pulse.

If taken in time, *Acon.* given every two hours, frequently checks its progress. If not, *Phos.* is the proper remedy, either alone or alternating with *Acon.* These remedies are usually all that is required.

When the disorder is preceded by a cold in the head, *Ant.-Tart.* is usually effective. If inflammation reaches the pleura, give *Bryonia*. For oppressed breathing and characteristic expectoration, *Phosphorus* is indicated. Head symptoms,--*Bell.* *Sulphur* is given during convalescent stage. The patient should have a *warm room* and farinaceous foods. Chopped ice is a beneficial substitute for drink; the drinks advised are gum water, lemonade or soda-water. A poultice of linseed meal for the front and back chest retards loss of vitality.

Pleurisy.

It is brought on suddenly, with sharp, catching pains or stitches in the lower chest or side, interrupted breath-

ing, short, dry cough, pulse wiry and quick, high-colored urine, dry tongue, and flushed face. If *Acon.* does not afford relief, give *Bryonia* every hour or two. This is indicated by the difficult, *catching* respiration, cough that produces pain in the side, and restless irritation. If fever indications continue, alternate this remedy with *Acon.*

Sulphur is given when the patient is convalescent.

Hot linseed-meal poultices or flannel wrung out of hot water, applied over the locality of pain, give relief. Light diet and good nursing are important.

Bronchitis.

Bronchitis is inflammation of the lining of the bronchial tubes. To the patient the upper part of the chest is the seat of disease. It is attended in the beginning with febrile indications in connection with tightness in the upper region of the lungs. Oppressed, wheezing breathing follows, with dry cough or frothy expectorations, sometimes mixed with blood. Pain in the forehead and eyes, weak pulse, and high-colored urine.

Aconitum should be given immediately every two hours, or every hour. In case this fails to arrest its advance, give *Ant.-Tart.* or *Kali Bichrom.*, either alone or alternated with *Aconitum*.

Wheezing, or suffocating cough indicates *Ant.-Tart.* Pains in the muscles,—*Bryonia*. Tenacious and stringy

expectoration,—*Kali Bich.* Inflammation extending to the lungs,—*Phos.*

A warm, damp atmosphere (it can be moistened by steam) hastens cure; also hot linseed meal poultices applied to the affected portions.

Beef tea, jellies, gruels, etc., are recommended as diet. Drinking cold water aids the skin in its efforts to relieve the congestion.

Croup.

This disease is heralded by *fever*, a *peculiar hoarseness*, and a *characteristic hoarse, dry, barking cough*. The cough generally precedes the alarming symptoms by two or three days. Its special character, to experienced ears, is unmistakable. The danger arises from suffocation, convulsions, “the formation of a coagulum in the heart,” and exhaustion.

Aconite is always given in the first stage, and when fever is present, with the croupy cough and distressed breathing, it should be repeated every fifteen or twenty minutes for three or four times, then once every half hour and hour. The remedy is then *Spongia*; or the two may be alternated every hour or so.

Oppressed breathing, copious discharge of phlegm and nausea, indicate *Ant.*—*Tart.*

When the fever lessens, the cough becomes loose, and there is difficulty in expectorating,—*Hepar S.*

Difficult breathing, hollow, whistling cough and pain in the lungs,—*Iodium.* Also *Spongia*.

When the patient is convalescent, give *Sulphur*.

Accessory treatment may be given by hot water fomentations applied to the throat, warm baths, and the inhalation of steamed air; or with a few drops of the remedy used (tincture) added to the steaming water and conveyed by means of tube to the throat.

Water is the only article of diet that can be used during the severity of the attack; afterward, gruels, beef tea, milk and water, etc.

Croup is preceded by its characteristic cough. *Diphtheria* is without it—but begins with chills, fever and sore throat. In *Croup* the disorder extends upward to the larynx; in *Diphtheria*, downward to the lungs. *Croup* is a local affection, *Diphtheria* is a contagion of the blood.

Spasmodic Croup, or Spasm of the Glottis, is a nervous disease and comes on usually in the night, with contraction of the muscles of the throat and a “crowing inspiration,” with difficulty in getting the breath. The danger arises from suffocation.

Acon. should be given at once—every five or ten minutes for three or four times, or until relief is afforded. *Bell.* is also held in high favor in this disorder. The indications are for *Acon.* if the skin is hot and parched, and the pulse quick and full.

For cerebral trouble,—*Bell.*

For wheezing or hoarseness afterward—*Hep.-S.*

Spongia should be given three times a day when *Acon.* and *Bell.* are discontinued.

When the spasmodic contraction is accompanied with inclination to cough,—*Moschus*.

Hot fomentations and warm baths are beneficial measures in conjunction with the remedies. This disorder occurs in infancy.



BLOOD DISEASES.

Diphtheria.

The malignant type is introduced by strong indications, such as great prostration, high fever, pulse 140 or more, swollen tonsils covered with white or gray or yellowish patches of putrid matter, sometimes enlarging to such an extent as to form a false membrane in the throat,—foul breath, and sometimes vomiting or purging. The neck becomes stiff, the glands swollen, and there is more or less pain through the affected parts and in the ear.

Give *Bell.* immediately. If no relief is afforded after 48 hours, *Merc.-Bin.* should be given every three hours, or if this fail, give *Mur. Ac.*

Burning feeling in the throat and severe weakness, indicates *Ammon.-Carb.*

Diarrhœa, thirst, cold perspiration and prostration, *Arsenicum.*

The throat covered with white patches, thirst, dryness, etc.,—*Bell.*

If nostrils are affected,—*Kali Bichrom.*

With aggravated foulness of breath, *Kali Per Mang.*

Deep red throat speckled with putrid matter, and great secretion of foetid matter,—*Merc.-Bin.*

Putrid throat, bowels relaxed, prostration, etc.,—*Mur.-Ac.*

In the commencement, hot poultices are recommended but not in later stages of the disease, nor in severe cases. Steaming with water and also acetic acid are advised. Fumigations with *Sulphur* (crude) are valuable aids, as are also warm baths and, drinking freely of cold water.

A nourishing diet is urgent. Small pieces of ice sucked, allay vomiting. Disinfectants should be in constant use about the house, and great attention given to cleanliness and ventilation.

Whooping Cough.

The symptoms are catarrhal with fits of coughing which return at shorter periods and greater severity, accompanied by the characteristic “whoop.” The indications at first are usually for *Acon.*, and afterward *Ipecac.*; or for alternations of these remedies. When the “whoop” is quite developed a dose of *Drosera* every three hours is given. Sore throat, convulsions, watery eyes, etc., indicate *Bell.*

Vomiting, convulsions, strangling, etc., indicate *Cuprum*.

Vomiting and dry cough,—*Ipecac.* To rub the chest and back, night and morning, with oil or the bare hand,

is excellent. The spinal column should be treated in the same way. Rubbing the lower limbs and bottoms of the feet on retiring (by the nurse or mother) will be found of great benefit.

Mumps.

Mumps or swelling of the Salivary Glands under and in front of the ear. The jaw becomes stiff and great pain is caused by moving it for eating or drinking. The glands swell, and there is fever and headache for a week.

Give *Acon.* once in two or three hours, three or four times, then *Merc.—Sol.* 6, every three hours. For pain and tendency to brain trouble,—*Bell.* Tongue coated and abnormal flow of saliva,—*Mercurius Sol.* When the swelling changes to the testicles, or mammary glands,—*Puls.*

Hot fomentations and flannel bandages should be used and the patient kept from the cold air.

Scarlet Fever.—Scarlatina.

Scarlatina and Scarlet Fever are synonymous terms. Its contagion and poison is second only to that of Small Pox. It is ushered in with chills, succeeded by fever, quick pulse, headache, thirst, backache, sore throat, and sometimes vomiting. In two or three days the rash appears, first on the breast, then the neck, face and body generally. It is scarlet, and not raised above the surrounding surface. It disappears on pressure, but returns

when the pressure is removed ; begins to subside on the fourth or fifth day, the outer skin scaling off in flakes. The tongue, at first coated white, with edges and tip red, afterward assumes a strawberry-like appearance, the papillæ becoming red and raised, followed by a raw look. The throat is swollen around the tonsils and soft palate, and the mucous membrane is also affected.

TREATMENT.—Begin with a dose of *Acon.* every two or three hours. When the rash appears and the throat becomes sore, *Bell.* is given in the same manner. If high fever, alternate the two. If the type is mild no other remedies will be required until the disease begins to decline. Then give *Sulph.* night and morning for two or three days.

In Scarlatina Anginosa (in which both skin and throat are affected) *Mercurius* is indicated ; alternate with *Gelseminum* if the skin is very hot, or there is much restlessness.

In Scarlatina Malignant, the indications are for *Ailan.* or *Ammon.-Carb.* *Bapt.*, *Ars.*, *Apis*, *Gels.*, *Mur.-Ac.*, *Phos.*, *Opi.*, spray of Sulphurous Acid or Condry's Fluid diluted (one part in ten of water) are also used. But a physician should be summoned at once for this form of the malady.

GENERAL INDICATIONS. Hot skin and fever symptoms—*Aconitum*.

Malignant, with suppressed or purple rash, offensive

matter from the nostrils, angles of the mouth cracking—*Ailanthus Gland.* Give frequent doses until the symptoms improve.

In very great prostration,—*Ammon.-Carb.*

With decided sore throat with swelling,—*Apis.*

Great thirst, prostration, cold sweat, weak pulse, threatened diarrhoea, indicates *Arsenicum.*

Suppressed rash, remittent symptoms, restlessness,—*Gelseminum.*

Malignant sore throat with great depression,—*Muriatic Acid.*

Severe head symptoms, quick pulse, vomiting,—*Veratrum Viride.*

Ulcers in the throat and mouth, difficulty in swallowing, offensive discharge from nose, copious saliva,—*Mercurius Sol.* 6.

Some additional remedies are given as follows:—If the first stage is ushered in by “convulsions, cold sweat, difficult breathing or vomiting,—*Ant.-Tart.*; swelling of glands,—*Kali.-Hyd.*, or *Bar.-Mur.*; restlessness and sleeplessness, *Hyos.* or *Coffea*; sudden receding of rash,—*Cup.-Ac.*; dropsical symptoms,—*Dig.*; as a gargle use *Eupatorium*, *Hydrastis* or *Nit.-Acid.* 1X,—ten drops to a gill of water.” If the gargle cannot be used, mop the throat with a small piece of wet sponge tied to a stick, and apply the gargle afterward with a clean

sponge or a feather. Time of application should be about half an hour after administering the medicine.

The most effective accessory means in treatment of this disease is perfect ventilation. Remove as much of the furniture as possible from the patient's room—stuffed furniture—everything that can absorb miasm—including curtains and carpets, should be dispensed with. A constant change of air should be secured. Carbolic acid is recommended as a disinfectant. If the body is sponged with tepid water, the fever is much quieted thereby. When the throat is affected, the application of wet bandages is excellent. The wet pack at the commencement of the disease is often a very valuable aid. This may be repeated while the fever continues, at a few hours' interval, but it should be very carefully given. When the rash is suppressed or slow, a hot bath or a blanket wrung out of hot water used as a pack, is the proper aid.

DIET.—Milk alone or milk and water, or soda water or thin gruel—either of arrowroot, sagò, yolk of an egg beaten up with cold milk, grapes, cooked fruits, oranges, barley water, weak lemonade or gum water—all these may be used.

When stimulants are necessary, Liebig's Extract of beef, wine or brandy or beef tea should be given at regular intervals in *small* doses.

Belladonna should be given night and morning to the children of the household who are not affected. The

first and second dilution of the tincture is recommended.

The nurse should keep as much away from the remainder of the family as possible. A calico dress should be worn over the apparel, and taken off on leaving the sick room. A disinfectant made of one tablespoonful of chloride of lime to a gallon of water (or Condry's fluid used in the same way) is used for wetting the hands after touching the patient. Excretions should be disinfected and disposed of immediately. The underclothing changed from the patient should be at once put in disinfected water, and afterward washed and boiled in disinfected water. Everything woolen about the room or patient should be either burnt or fumigated by putting a small quantity of sulphur on some burning wood or coal, and closing the room until it is filled with fumes. The sick room should be treated in the same manner after the patient leaves it.

When dropsy follows Scarlet Fever, it occurs about the twelfth day. The symptoms are, *quick pulse, thirst, paleness, high-colored and scanty urine, swelling of cellular tissue*. When this is rapid, the skin pale, the urine high-colored, the tonsils swollen and the swallowing difficult, give *Apis*.

When there is general œdema, with prostration and dark-colored or bloody urine, *Arsenicum* is indicated.

For *reddish* or scanty urine, use *Terebinth*.

With painful passage of urine, prostration and œdema, —*Cantharis* is indicated.

Other remedies are *Digitalis*, *Ferrum*, *Helleborus*, *Hepar Sulph.* and *Apocyn.*—*Can.*

Accessory treatment is found in warm baths, the wet pack, drinking cold water, and sponging with warm water. A good diet and pure air are also very essential.

The following differences are shown between *Measles* and *Scarlet Fever*:

In Measles, the eruption is rough to the hand, and is concentrated in spots. In Scarlet Fever it is not raised above the surface, and is of a uniform redness.

In Measles, the eyes are watery. In Scarlet Fever they have a bright stare. In Measles, the rash is pinkish red. In Scarlet Fever it is a bright scarlet color. In Measles, the rash begins near the roots of the hair. In Scarlet Fever on the neck and face. Measles come out on the fourth day,—Scarlet Rash on the second. Measles are accompanied by catarrhal symptoms. Scarlet Fever produces sore throat, hot skin and sometimes delirium. In Measles the skin comes off in fine scales; in Scarlet Fever in large patches. Diseases of the eyes, lungs, ears and skin follow Measles. Dropsy and glandular swellings most frequently follow Scarlet Fever.

Scarlet Rash or Rubeola is accompanied with cold

in the head, indications of Measles, the sore throat and rash of Scarlet Fever, but the skin is moist, the blotches are darker and less smooth to the hand than Scarlatina, appear at irregular intervals on different portions of the body, and do not become white under pressure. A full eruption seems to bring out a correspondingly free perspiration.

Acon. is given at first, every two or three hours, until the fever is reduced. The next remedy is *Coffea*.

Acon. is indicated by simple rash and fever.

Belladonna for throat symptoms.

Pulsatilla when influenza difficulty is prominent.

Bryonia, if rash suddenly recedes. Use other measures as recommended in Scarlatina and Measles.

Measles.

This ailment comes on with catarrhal indications,—or all the symptoms of cold in the head. The eruption appears about the fourth day,—first on the face and neck, then on the body, then the legs. The rash resembles flea bites which coalesce into larger blotches, and are rough to the touch. Its color is not so deep as Scarlet Fever, and under pressure by the finger the white streak does not remain so long. It is more malignant when the tint is a dark purple. The rash is not fully developed until about the third day. It does not recede for three days after this, when the fever lessens, and the skin comes off in fine scales. If diar-

rhœa sets in as the symptoms abate, it should not be checked, since the accumulation of poisonous matter is often carried off in this way.

Five or six days before the eruption occurs in Measles, *red spots appear on the soft palate*, especially the *uvula*, and remain three or four days after the eruption disappears. Girard speaks of this as an important symptom in the diagnosis of the disease. The preliminary symptoms are those of influenza or acute cold in the head.

TREATMENT.—For the fever in the first stages of Measles, give *Acon.* every two or three hours. For the catarrhal symptoms which succeed the fever, give *Puls.* alone every two or three hours. *Aconite* followed by *Pulsatilla* are often the only medicines required.

Tendency to lung trouble indicates *Phosphorus*. If rash does not come out, or recedes, give *Gelseminum*. When the eyes are very watery,—*Euphrasia*. Bronchial difficulty indicates *Ant.—Tart.* Sore throat, with tendency to delirium,—*Belladonna*. Dysentery,—*Mercurius Sol.*

A dose of *Sulphur* night and morning for several days is recommended, after other medicines are discontinued.

Remedies for the secondary diseases following measles are as follows:

Inflammation of the Eyelids,—*Acon.*, *Bell.*, *Merc.—Cor.*, *Sulph.*

Deafness or Ear Discharges,—*Hep.-Sulph.*, *Merc.*, *Puls.*, *Sil.*, *Sulph.*

Skin Eruptions,—*Iod.*, *Ars.*, *Sulph.*

Consumption, Cough, etc.,—*Ars.*, *Dros.*, *Hep.-S.*, *Phos.*, *Cod-liver Oil*, *Spong.*

Glandular Swellings,—*Calc.-Carb.*, *Iod.*, *Lyc.*, *Merc.*

Styes,—*Bell.*, *Calc.-Carb.*, *Puls.*, *Sulph.*

The accessory treatment in Measles, including diet, etc., is much like that of Scarlet Fever. Suppressed eruption should be brought out with hot bath or hot pack. Sponging the body with warm water, using care to prevent “catching cold,” and the wet pack, are especially recommended once or twice a day. Perfect ventilation, change of linen often, and the patient kept warm in bed in an equally-tempered room—all these are important measures.

The preventives in this disease are *Puls.* in the morning, and *Acon.* at night. To be continued a week or ten days.

Small Pox.

There are two kinds: The *confluent*, when the pustules run together; and the *distinct*, or where they are separated and well defined. The first is the most dangerous. The symptoms begin like those of other fevers: *Chills, weariness, high fever, flushed face, tongue furred thick with white, pain in back and loins, tenderness at*

pit of stomach, sometimes attended with *vomiting*. The eruption comes out on about the third day, appearing first on the forehead and front of the wrists, then the neck and breast, extending from these points over the entire body. It appears in "red spots or small, hard pimples, feeling *like shot under the skin*." The diagnosis in this particular differs from Measles and Scarlet Fever, as also in the absence of sore throat and catarrhal indications. The suppuration of the pustules and the severe fever renders it different from Chicken Pox. When the eruption is fully developed and the fever abates, the vesicles fill with fluid matter, at first watery, then a thicker yellow, becoming depressed in the center, the outer edge red and inflamed. The odor is peculiar to the disease, and very disagreeable. In eight or nine days the pustules discharge, secondary fever comes on, the pocks scab over and fall off four or five days later, but the pit marks remain. The secondary fever is the greatest danger, occurring when the vitality is greatly exhausted from the first inroads of the disease. The time of greatest fatality is from the seventh to the eleventh day after eruption. Scrofulous organizations are the greatest sufferers. Between the ages of seven and fourteen the disease is seldom fatal.

Ant.-Tart. is administered every two or three hours. *Acon.* may be given first, at the same intervals, or the two remedies may be alternated, if the fever continues.

Ant.-Tart. holds such a prominent place as a remedial agent in this disease that it should be given at once, as soon as Small Pox is suspected.

Swelling of the face and eyelids indicates *Apis*.

If accompanied with hoarseness and difficult swallowing, alternate this remedy with *Bell*.

Severe head symptoms, stupor or delirium,—*Bell*.

Sleeplessness,—*Coffea*.

Throat ulceration, salivation, bloody diarrhœa,—*Mercurius Sol*.

For sudden receding of eruption or malignant indications, with brain trouble, cold skin, difficult breathing, etc., one or two drops of *Camphor*, in some warm water every ten or fifteen minutes is given until the symptoms are relieved.

For excessive itching, and during filling of the pustules and when the disease wanes, *Tincture Sulphur* is the proper remedy.

Some other remedies are given, as follows: “*Acon.*, inflammation generally; *Apis*, dropsical swellings; *Ars.*, prostration; *Bell.*, delirium, inflamed throat; *Bry.*, bronchitis; *Carb.-Veg.*, gastric disorder with putrescence; *Hyos.*, delirium and restlessness; *Kali Bich.*, bronchitis; *Merc.*, glandular swellings; *Phos.*, pneumonia; *Rhus Tox.*, pain in back; *Stram.*, delirium.”

The great accessory measure in this disease is a constant supply of *fresh air*. The patient's eyes should be

shaded from the light, and the most careful cleanliness should be observed as to change of linen. When the eruption is thoroughly developed, the surface should be smeared with olive oil, cream, or glycerine and water—one part of glycerine to two parts of water—repeated two or three times a day. Before the pustules break, if they are bathed with equal parts of glycerine and rose water, and then at once dusted with a powder made of the first centesimal trituration of *Ant.-Tart.* to eight parts of violet powder, it is said to prevent the pitting and consequent disfigurement. The process should of course be frequently repeated. The hands of children should be muffled if necessary, to prevent scratching. Great care and cleanliness should be exercised in relation to the genital organs of both sexes to prevent retention of urine and other disagreeable symptoms. Sponging the skin with warm water to which has been added a few drops of carbolic acid, and then drying with a soft towel, allays heat and irritation. After the pustules have burst, powdered starch or corn flour should be used freely. Frequent bathing in warm water, particularly during the latter part of the disease, is important.

Infected clothing should be burned or boiled at a temperature of 212° . Infected rooms should be fumigated with *Sulphur*, floors scrubbed with solutions of chloride of zinc, and walls whitewashed with lime. The same preventive measures regarding the nurse, etc., should be adopted that are recommended in Scarlet Fever.

The Diet advised, consists principally of milk and soda-water, yolks of eggs beaten up with cold milk, gruels, oranges, grapes, cooked fruits, etc. Jelly-water, lemonade, toast-water, etc., may be used.

The Preventives after *vaccination*, are a dose of *sulphur* night and morning, and *pure air*.

Vaccination, or Cow Pox.

The greatest care should be used in procuring absolutely *pure* vaccine matter. The latest method is to obtain it directly from the cow, using a new ivory point with which the arm is scarified. It is advisable to insert it in two places in the arm, above the elbow. In case of an excess of inflammation and redness, or fever, on the seventh or eighth day, *Aconite* or *Belladonna* is given. *Bell.* is the proper remedy when the blood has a taint of erysipelas. From about the eighth day, *Sulphur* is recommended for a few days, night and morning.

Chicken Pox.

This disease differs from Small Pox in the mild character of its symptoms. The fever is slight, the eruption appears on the second day, and although it forms into pustules, they leave no lasting pit-marks. The disorder seems to pursue its course by patches—some of the pustules forming while others disappear. It is not attended with the high inflammation occurring in Small Pox pits, and its entire period is far more rapid.

TREATMENT.—Give *Acon.* every three hours, for febrile symptoms, afterward *Rhus.* every three or four hours, until the patient is convalescent. *Rhus. Tox.* is considered the chief remedy, and should be administered without delay.

Convulsions indicate *Ant.*—*Turt.*

Severe itching or swelling of eyelids,—*Apis.*

Suppuration in the pimples,—*Mercurius Sol.* 6.

Severe head disturbance,—*Belladonna.*

Milk diet is recommended.

Typhoid Fever.

The early indications for this dangerous disease are weakness, thirst, dry, cracked tongue, sleeplessness, languor, pain in the head, constipation, “dull wandering mind, and often delirium at night.” The cheeks become deeply flushed, the pulse is quick, the abdomen is enlarged, diarrhœa commences, with tenderness on the right side below the navel. The stools are of *light ochre* color, liquid, and sometimes streaked with blood. About the seventh day a rose-colored eruption appears—principally on the extremities and back,—sometimes on the pit of the stomach. These spots come in successive crops, and under the pressure of the finger, fade for the instant. The *temperature* is higher in the evening than in the morning. Other symptoms are, ringing in the ears, black specks before the eyes, low delirium and stupor. As the seat of the disease is in that locality

of the bowels known as the solitary glands, which become ulcerated, its danger arises from the liability of these ulcers eating through and destroying the bowels. This of course is fatal.

Hemorrhage and exhausting diarrhœa may lead to the same issue.

TREATMENT.—*Baptisia* is almost specific for early Typhoid indications. It should be given at once, in “low dilution and frequent doses.”

For excessive purging, give *Arsenicum*.

The use of *Bryonia* is indicated by flushed face, nausea, stupifying headache, cough, bitter taste, constipation and rheumatic pains.

For throbbing temples, violent headache and delirium at night,—*Belladonna*.

For putrid throat and excessive debility,—*Muriatic Acid*. For profuse and weakening perspiration,—*Mercurius*. Lung complications,—*Phos*. Restlessness,—*Hyos*. Offensive evacuations and smells,—*Carbo.-Veg*. For weakness when the patient is convalescent,—*Ferrum* or *China*. *Sulph*. is also given during this period.

The usual hygienic conditions advised in all fevers should be strictly observed in this. In the early stages the *wet pack* is very valuable. A wet compress over the abdomen is of great value—also sponging with tepid or cold water.

The diet should be fluid or semi-fluid. If some lemon

juice and water can be taken a few minutes before the food, it will be found beneficial in lubricating the parched condition of the mouth and tongue. Change of air, when recovery is advanced enough to allow it, is extremely beneficial.

Scrofula.

Children inheriting this taint are liable to White Swellings, Abscesses, Hip-joint Disease, Convulsions, Scald Head, King's Evil, Acute Hydrocephalus, Phthisis, cracks in the skin, "scabby eruptions," Strumous Ophthalmia, Otorrhœa, Ozena, etc.

The active causes are syphilitic taint or gout in one or both of the parents, bad ventilation, living in damp, impure rooms, improper food, want of sunlight or cleanliness, the use of tobacco in the father, leucorrhœa or kindred unhealth in the mother, Scarlet Fever, Catarrh, Measles, etc.

Great debility, emaciation, sallow skin and exhausting stools indicate *Arsenicum*. When the bones are affected,—*Aurum*. Also *Ferrum* and *China*. Pain in the eyes, head troubles generally,—*Bell*. Slow teething, scrofulous swellings, enlarged abdomen, etc., *Calcarea Carbonica*. Glandular swelling, emaciation,—*Iod*. Bilious diarrhœa, "scabby eruptions,"—*Iris*. Enlarged glands, induration of the abdomen,—*Mercurius Biniod*.

Inflammation of the glands, worse at night, profuse

saliva, foul taste, scrofulous affection of the eyes, foetid stools,--*Mer. Sol.* 6.

Lung trouble and diarrhœa,--*Phos.* Scald head, scrofulous ulcers, etc.,--*Silicea.*

Imperfect assimilation of food,--*Ferr.-Iod.*

For scrofulous eruptions of the skin, swelling of the joints, mucous discharges, etc.,--*Sulphur.*

The observance of hygienic conditions is of vital importance in these cases. Exercise in the open air, perfect ventilation in sleeping rooms, and nourishing food are essential,—as is also cleanliness and proper clothing.



CUTANEOUS DISEASES.

Eczema or Scald Head.

It usually appears on the face, arms, behind the ears and legs. It discharges a starchy fluid which dries into yellow scabs. The affected parts are more or less red, and the patient is feverish and pale. The simple form is known as "heat rash," and when this is acute, with much itching at night, the best remedy is *Rhus. Tox.* The *red* Eczema appears on the inside of joints—the groin, thigh and wrists. The spots are bright red, and there is burning pain. The scabs are a brownish color. *Merc.-Sol.* is the remedy for this variety. There is another kind which discharges a mixture of pus that dries into thick, greenish-yellow scabs. It occurs oftenest on the heads of sickly infants. For this species, and when the vesicles are surrounded with red circles, *Ant.-Tart.* is the remedy to use. For corrosive discharge, with burning,—*Arsenicum*. With improper nutrition, scabs thick over pus, stools chalky,—*Calc.-Carb.* With diarrhoea, much itching, and sickness,—*Croton Tig.* When located on the head or vulva, also during convalescence,—*Sulphur*.

If the disorder affects the head, cut the hair short, wash the scalp with Castile soap and water, and remove the scabs by bran or mashed turnip poultices. Afterward apply olive oil (an ounce mixed with twenty drops of *Ol. Croton Tig.* An ointment of Nitrate of Bismuth thirty grs. mixed with an ounce of lard, is also good.

Cod liver oil is especially advised, given in half teaspoonful or teaspoonful doses twice a day. The diet should include plenty of vegetables and uncooked food like lettuce, celery, etc. The greatest cleanliness is absolutely necessary.

Ringworm.

It generally appears on the head in round patches which are scurfy and increase in size. It is produced by a species of fungus attacking the roots of the hair ; is very contagious. The hair has a nibbled appearance, and is broken off close to the scalp.

Sepia is said to arrest the disease. *Calc.-Carb.* and *Sulphur* are also advised. Applications of *Carbolic Acid* or *Acetic Acid* to twice their bulk in water should be used with camel's hair brush, the lotion remaining on for half a minute or more, and afterward washed off with warm water. Apply wet compress for a few hours. *Oleate of Mercury* is a good lotion (one part in ten of olive oil). Rub a few drops into the parts. It is rarely required more than once. When the disorder attacks

the scalp the hair should be cut close around the patch. The towels, brushes, etc., of the patient should not be used by any one else. Use disinfectant in the room and on the brushes, combs, etc., and observe strict hygienic laws.



PARASITIC DISEASES OF THE SKIN.

Itch.—Lousiness.

Sulphur is the great remedy in these diseases. A solution made of “Common soda, half-ounce ; Flowers of Sulphur, half-ounce ; Water, half-pint,” after steeping for a half hour, will destroy the parasites.

First, bathe the parts thoroughly with Castile soap and water, then apply the solution, and let it dry. It may be left on for twelve hours, after which the sulphur can be washed off with vinegar and water.

In case the patient is a very young child, dilute the lotion with water before use.

For older children Sulphur Ointment kills the insect and ova, producing the itch. Rub the parts with the ointment, after thorough washing, leaving it on all night. Use plenty of good laundry soap and tepid water next morning to wash off the ointment. If this does not effect a cure, repeat the operation. The under-garments worn by the subject should be boiled, and the greatest cleanliness should be observed. Sulphur is sometimes also given internally.

MISCELLANEOUS.

Epilepsy.

This disease is most apt to attack children between the ages of two and ten years. The paroxysms come on usually with a scream, followed by utter loss of consciousness. The head and neck are subjected to spasmodic movements, the eyes become fixed or rolling, the jaws set, the hands clenched, and there is foaming at the mouth. After two or three minutes the violence of the fit subsides, and is succeeded by deep sleep. These seizures are sometimes heralded by dizziness, obscured sight, with colored sparks before the eyes, hoarseness, peculiar illusions and noises ; also by a certain characteristic sensation passing over the body known as the *aura epileptic*.

When this sensation is felt, snuffing the *Nitrate of Amyle* is reputed to ward off an attack. No remedy is recommended during the paroxysm, but between the attacks,—*Calc.—Carb.*, *Bell.*, and *Cuprum*, have met with high success. The remedy (one of the three mentioned) to be given twice a day.

INDICATIONS.—For face red, pupils dilated, unconsciousness, involuntary urine and stools,—*Bell.*; when

induced by scrofulous tendency,—*Calc.-Carb.* ; when produced by worms,—*Cina* ; severe spasmodic action, salivation,—*Cuprum* ; when produced by the emotional or psychological faculties,—*Ignatia* ; by angry fits and constipation,—*Nux Vomica* ; by “suppressed eruptions,”—*Sulphur* ; by irritability, preceded by vomitings and colic,—*Chamomilla*.

Do not throw cold water in the face during the fit, nor disturb the sleep that follows. Plenty of open-air exercise, plenty of rest, and change of scene are the best accessories of cure.

Paralysis.

This disease generally attacks one of the lower limbs and occurs oftenest during teething. It may come on with fever and convulsions, and when such is the case *Bell.* is indicated. When accompanied with inflammatory action, give *Aconitum*. *Gelseminum* is given when the indications for *Acon.* and *Bell.* are combined.

For scrofulous indications, debility, mal-nutrition,—*Calcarea Carb.* ; for paralysis of lower limbs in connection with constipation and indigestion,—*Nux Vomica* ; when caused by diarrhœa or fatty degeneration,—*Phos.* ; resulting from fever,—*Rhus. Tox.*

Bathing in salt water, open air exercise, local magnetic treatment or galvanism applied to the affected parts are advised as additional measures. Cod-liver oil is also of benefit in many cases.

St. Vitus' Dance.

A disease of the nerves which produces involuntary twitchings and movements of the facial muscles and limbs

If produced by cold or fright, *Aconitum* is indicated ; from worms,—*Cina* ; if caused by emotional depression,—*Ignatia* ; if the blood is impoverished,—*Ferrum* ; if resulting from rheumatism,—*Cimicifuga*. Change, of air is strongly advised ; putting the patient to bed for two or three days of quiet has greatly palliated the disorder in many instances.

Rickets.

This is a lack of bone nutrition. The most prominent symptom of the malady is a copious perspiration of the neck, head and chest, and when the child falls asleep. The results of the disease, if not corrected, include all kinds of deformities. The bones of the legs are curved, the appetite is unnatural, and food passes undigested. The child is drowsy in daytime, and restless at night. The head becomes flat and preternaturally square, the wrist and ankle joints are enlarged, the abdomen is distended.

When caused by unhealthy milk from the mother, *Asaf.* is indicated. Prolonged teething, enlarged joints and abdomen, spine curvature,—*Calc.*—*Carb.* Diarrhœa and great prostration, with addition of above symptoms —*Calc.*—*Phosph.*

Milky or turbid urine, fever, diarrhœa, enlarged abdomen,—*Phosph.*—*Acid* and *Phosph.*

Ulcerated skin, scalp eruptions, ear discharges,—*Silicea*.

Sulphur is advisable to commence with, and also to be used for a few days when a remedy has ceased to act beneficially.

The regular hygienic measures so important to health, should be put in force in these cases.

Headache.

A throbbing headache, with darting pains, heaviness and pressure, with congested conditions, indicate *Aconitum*. If caused by a hurt,—*Arnica*. With redness of face, dilated eyes, pain at the base of the brain or in the temples,—*Bell*. A sudden attack, accompanied with faintness and inability to sit up,—*Glonoine*. For “sick headache,”—*Iris*. When accompanied with constipated bowels, and worse in the morning,—*Nux Vomica*. When worse at night, with heaviness of the head and paleness,—*Pulsatilla*. The wet compress on the head is an excellent additional measure; also protection from noise, and too strong light.

Nose Bleed.

From excitement, with full, quick pulse,—*Aconitum*. From being injured,—*Arnica*. Premonitory head

trouble,—*Bell.* If the patient has become weakened from loss of blood,—*China.* “Red blood flowing without noticeable cause,”—*Millefolium.* If darker, and escapes with slow ooze,—*Hamamelis.* Cold water applications, or ice to the forehead or back of the neck, or holding the arms up, or pressing the finger in a straight, horizontal line across the cheek, just above the nostril that bleeds, are all good measures. Should these fail, a piece of lint saturated with *Hamamelis*, and pressed into the nostrils tightly, is efficacious.

Earache.

If resulting from cold, *Aconitum* is indicated. Tendency to delirium, with sharp pains through the head,—*Belladonna.* Swelling inside, with acute pain behind the ears,—*Pulsatilla.* Resulting from sudden stoppage of perspiration, with great sensitiveness,—*Chamomilla.* If the glands swell,—*Mercurius.*

Give *Sulphur* in convalescence. Hot poultices or hot water fomentations, or *Aconite* lotion are recommended as additional measures. If an insect is in the ear a little olive oil will effect its removal.

Otorrhœa, or Ear Discharges.

If it is thick or bloody, give *Mercurius.* If a chronic case, give *Arsenicum.* If affecting a scrofulous patient and yields slowly to remedies,—*Calc.—Carb.* Simple

discharge, with deafness,—*Pulsatilla*. Country air or sea air is of much benefit; also cod-liver oil.

Deafness.

If recent, with noises in the ear,—*Pulsatilla*. If caused by catarrh,—*Mercurius*. From nervous causes,—*Phos*. Discharge or dryness of the ear,—*Calc.*—*Carb*. Buzzing noises,—*Nux Vomica*.

Given twice a day in chronic cases—other cases, four hours apart.

Purulent Inflammation of the Eyes of New-born Infants. (Oph- thalmia Neonatorum.)

It generally appears a few days after birth, and is caused most frequently by contact with diseased vaginal discharges during birth. Other causes are, want of cleanliness; exposure of the eyes to too bright a light, or too hot a fire; contagion from another diseased child; irritation from substances with which the infant is washed, immediately after birth—such as soft soap, spirits, etc. Further causes are bad air, imperfect nourishment, cold, etc.

The eyelids are its usual point of attack;—in some cases extending to the eyeballs, which greatly endangers the sight.

SYMPTOMS.—Red and swollen condition of the eye-

lids, which sometimes become gummed together during sleep ; painful sensitiveness to light. A mucous secretion, changing to yellow pus, follows ; there is also restlessness and feverishness. It may be distinguished from simple Catarrhal Ophthalmia by the purulent character of the discharge.

Treatment.—Give a dose of *Argentum Nitricum* every two or three hours. This remedy is recommended as the best. A lotion of the same—one grain of the salt to three ounces of distilled water—may also be used. If this treatment does not prove efficacious, give *Mercurius Corrosivus*.



OPHTHALMIA.

Indications for Remedies.

For fever symptoms, give *Aconitum* ; in well-marked cases,—*Argentum Nit.* ; slight attacks, with sensitive-ness to light,—*Bell.* Accessory measures are thorough cleanliness, sponging the eyes frequently, oiling the lids with olive oil or sweet cream, never bathing in cold water—using tepid water only or tepid milk and water. Keep the room well aired, with not *too* much light. The preventive means are the mother's health previous to birth.

Catarrhal Inflammation of the Eyes or (Ophthalmia Simplex.)

Acon., followed by *Bell.*, will frequently arrest the disorder in the first stages ; if there is fever and the whites of the eyes are covered with red network, give *Acon.* ; pain, swelling, redness,—*Bell.* ; when inflamed from external injury, give *Arnica* ; afterward, when the disease has yielded, the remedy is *Hepar S.*

For copious discharge,—*Mercurius Cor.* ; in scrofulous subjects, and when there are frequent relapses,—*Sulphur.*

Where there is predisposition to this disease the patient should not be exposed to east or northeast winds.

Stye.

The swelling commences with itching, then grows red and painful. Fever and pain indicates *Aconite* ; when the stye begins to matterate,—*Hepar S.* ; when *Puls.* follows *Acon.*, if taken in time, it will frequently effect a cure. Sulphur is given “ during convalescence, and as a preventive.”

The eyes should be bathed in warm water several times a day.

Sun Stroke.

Place the patient as soon as possible in a cool place out of air currents ; remove the clothing, pour cold water over the neck and shoulders until the bodily heat is reduced below 102 ° ; hold *Camphor* to the nose and give a drop of the tincture on some sugar—or a tea-spoonful of brandy and water ; when the crisis has passed give two or three drops of *Aconite* in a teaspoon of water every ten minutes until the skin is cool. In case of convulsions give a tepid bath to which cold water or ice is added until the temperature is reduced to 98 ° ; give *Aconite* in the same way. If head symptoms are manifest, give *Belladonna* ; with vomiting and purging,—*Bryonia* ; for continued convulsions,—*Hyoscyamus* ; hot skin with no cessation of diarrhoea,—

Veratrum Viride. The resulting disorders from Sun Stroke are sometimes of a very serious nature.

Burns and Scalds.

If the scalded parts are held immediately to the fire, it will furnish a remedy. A plaster of Castile soap, scraped and mixed with water until a thick lather is made, is perhaps the best remedy. The lather should be spread on strips of linen or cotton cloth to the depth of about a sixth of an inch. Cover the burned portion entirely, keeping it moist for a time with cold water dropped on top occasionally. Allow the plasters to remain until they drop off themselves.

In case matter forms underneath the plasters they should be removed and the wound dressed with a salve of equal parts of sweet oil, or linseed oil and limewater.

Other remedies to be applied immediately after the injury, are wheat flour put on thickly, or raw cotton pressed lightly over the burn so as to exclude the air.

If a burn has been produced by inhaling hot steam or hot liquids, a solution of Castile soap in whiskey or alcohol, is given. Dose : Two or three drops in water every five or ten minutes. The solution is made by scraping soap into the alcohol, and shaking the bottle thoroughly.

Another remedy is the tincture of *Urtica urens* or *stinging nettle*. Prepare it in a manner similar to Arnica—twelve drops to a pint of water. Apply exter-

nally. Three drops in a teacupful of water, a teaspoonful every five or ten minutes, is administered internally.

In case of ulceration, bathe the parts with a solution of twelve globules of *Caustic* in half a teacupful of water three times a day. Give *Sulphur* and *Silecia* internally, alternately every other evening. Dose : Six globules.

If the clothing of a child takes fire the subject should be thrown upon the floor promptly and rolled over and over, while at the same time it is wrapped in anything woolen which may be most quickly put to use ; a cloak or shawl or any piece of carpet. If burns have been produced, the clothes should be removed carefully so as not to pull off any loosened skin with them. Saturate the burned places with olive or linseed oil, and dust a thick layer of fine wheat flour over the oil ; a third layer of fine cotton batting or raw cotton over the flour and oil, completes the treatment. This mode is recommended as an improvement on the use of oil alone, or flour alone. Equal parts of limewater and linseed oil are advised, when it can be obtained, instead of the oil alone.

A burn upon the chest is, of course, far more dangerous than on any other portion of the body.

When open fires are used, it is a good precaution to dress children in flannel instead of cotton clothing, thereby lessening the chances of accident.

Nose Bleed.

Try the free use of cold water at first—bathing the upper part of the nose especially. Holding a piece of ice for a few minutes at a time between the eyes ; or pressing the sides of the nose between the eyes, is recommended.

As a last resort, powdered alum blown through a quill into the nostrils, is said to be effectual.

Choking.

If one or two blows with the flat of the hand, on the back just below the neck, do not dislodge the choking substance, the finger should be passed down the back of the throat, behind the roots of the tongue where the substance has lodged. By bending the finger slightly in the form of a hook, the foreign particle can be removed. But the operation requires coolness and instinctive aptitude. When everything else had failed in a case of this kind, on record, the child was held with head downward and given a “ smart blow ” upon the back. The treatment was successful, though he had become senseless.

Frozen Limbs, and Apparent Death from Freezing.

For frost-bitten members, rub with snow, or immerse in the coldest water, warming it by degrees, until a normal feeling has returned. In cases of insensi-

bility from apparent freezing to death, undress the patient carefully and cover the body with snow, leaving the mouth and nostrils free. Renew the snow as it melts;—or in case snow cannot be used, put the patient in a bath of ice-cold water for ten or fifteen minutes; afterward rub with snow, or cover the body with layers of pounded ice. When the muscles relax, dry the subject carefully and place in a cold bed in a cool room, rubbing the body under the bedclothes over its entire surface, with the hands. Continue the rubbing for hours, until signs of life appear, when small quantities of warm, black coffee may be given. If severe pains occur, give *Carb.-Veg.* (twelve globules dissolved in half a teacupful of water) every fifteen or twenty minutes, a teaspoonful, until better. Or it may be alternated with *Arsenic.* if necessary.

The heat of fire or a stove should be avoided until complete restoration.

Chilblains and Chaps.

If the pains are stinging, or there is ulceration, give *Agaricus*. In the first stage, if the swellings are hard and itching,—*Arnica*. If the swelling is bright red and there is throbbing pain, *Bell*. With great itching and burning,—*Cantharis*. If there is “livid redness,” worse at night,—*Puls*. When inflamed or blistered,—*Rhus Tox*. If there is ulceration or excessive burning pains, give *Arsenicum*. Use the remedies externally,

also. Never use *Arnica* where the chilblain is broken. *Glycerine*, one part, and *Cologne*, two parts, is well recommended for chapped hands and chilblains.

Soft linen rags, wet in cold water and applied to the parts and then held in place by oil silk or old kid gloves, is an excellent remedy.

Apparent Death from Drowning.

Do not hold the body upright, with head downward.

Nor rub the subject with salts or spirits.

Nor use tobacco in *any* manner as a restorative means.

Nor apply the rolling method—nor try bleeding.

Carry the patient in a raised attitude to the nearest shelter, or lay the body on the dry sand, in the sun. Remove the clothing and dry the body with towels; then cover it warmly in blankets in bed or embedded in the hot sand. If hot bricks or hot water in bottles or any warm applications can be obtained, apply them to the stomach, bottoms of the feet, spine, thighs, and under the arm-pits, in rapid succession—or all of these points at once, if means can be procured. Place the body on its side and allow the water to be emptied from the mouth. Keep up a brisk and continuous rubbing of the entire body with the hands. Imitate natural respiration by placing the subject on his back and drawing the arms steadily upward above the head and downward, about fifteen times a minute—thus expanding the chest, and expelling the air. Give this treatment for an hour.

Marshall Hall's mode is as follows : " Turn the body on one side and then slowly on the stomach, repeating the movements evenly and gently, fifteen times per minute. When laid on the stomach the air is expelled by pressure on the chest and abdomen ; inspiration occurs when the body is turned back on the side. Do not relax the treatment for an hour—nor give up the various modes of restoration for several hours longer."

When the patient sufficiently recovers, warm wine or brandy and water may be given.

Bites of Serpents.

If the wound is on the limb, tie a cord or handkerchief tightly around and above it, to arrest the circulation between the poisoned portion and the heart. Let the patient or some one else suck the bite, spitting out the poison. No fear need be entertained of contagion if the mouth and lips are not sore or abraded. Give as soon as possible large quantities of brandy, whiskey, or gin, until slight symptoms of intoxication are produced.

Numberless cases have been successfully treated in this way. One case is cited of a child ten years old bitten by a rattlesnake, who took three quarts of strong whiskey in less than twenty-four hours before feeling the first symptoms of intoxication. After a few hours of sound sleep she awoke quite recovered from the effects of both whiskey and poison.

For remaining symptoms, when present, such as

shooting pains from the wound toward the heart, with vomiting, dizziness and fainting, and if the wound assumes a bluish or swollen appearance, give *Arsenic*. Dose: Four globules in a teaspoonful of water. If the symptoms grow aggravated, repeat the dose in a half hour. If symptoms remain stationary, wait for two or three hours before repeating the dose. If *Arsenic*. has no effect, *Belladonna* and also *Senna* are recommended. If chronic disease results from the bite, *Lachesis*, *Phosphor. Ac.*, and *Mercury* are of most benefit.

For poisoned wounds produced by putrified animal substances or diseased pus of man or animal, *Arsenic*. is the recommended remedy.

Bites and Stings of Insects.

If the injury results from spiders, bees, bugs, or mosquitoes, make a plaster of wet or damp earth and cover completely the injured part. Afterward, wet with a mixture of *Tincture of Arnica* and water—twenty parts of water to one of Arnica.

Internally, give *Ledum* (twelve globules dissolved in water) a teaspoonful every half hour.

Poisons.

To eject the poison from the stomach as soon as possible by vomiting, or to neutralize its effects, are the two things required in cases of poisoning. The sooner this can be done the better.

Tepid water drank in large quantities, or mustard and water, or tickling the throat with a feather or fine straw, or mustard mixed with salt, on the tongue, are used as emetics.

The *neutralizing* agents are, *White of Egg* dissolved in water and drank in large quantities for *metallic* poisons, such as *Corrosive Sublimate*, *Verdigris*, *Tin*, *Lead*, *Sulphuric Acid*, *Mercury*, *Arsenic*,—especially with pains in the stomach and bowels.

When the poison is unknown, give above remedy when pains in the abdomen are present.

Soap (laundry soap) one part dissolved in four parts of hot water, is administered in cases where the egg remedy is insufficient.

For *Alkaline* poisons the remedies are *Milk and Olive Oil*, or *Mucilaginous drinks*, such as barley, rice, linseed, farina, etc.

Coffee (strong black coffee) drank warm is the remedy for *narcotic* poisons—such as *Opium*, *Nux Vomica*, *Belladonna*, *Stramonium*, etc.

The remedy for vegetable poisons of a corroding nature is *Camphor*.

Sugar diluted in water antidotes both *mineral* and *alkaline* poisons, and is therefore a valuable household remedy.

Vinegar, diluted in water, antidotes alkaline poisons, but is injurious to give in cases of *mineral* poisoning.

Soap is injurious to give in cases of alkaline poisoning.

Magnesia or *Chalk* powdered and mixed with water, or *wood ashes* mixed with water, or *Potash*, neutralize the mineral poisons of Prussic, Sulphuric, Muriatic, Nitric or Phosphoric acids.

If the end of matches have been swallowed, do not give oil or grease to dissolve the phosphorus.

Magnesia, *Soda*, or even wall plastering with plenty of water, is the proper antidote.

Common Salt dissolved in water antidotes the poison of *Lunar Caustic*.

For *Lead* poisoning, *Epsom Salt*, or *Glauber Salt*. *Poisons* resulting from eating Jimsen weed or poison hemlock, or other poisonous plants, should be treated promptly with emetics. Mustard and salt is successful in most instances.

Preventives in Contagious Poisons.

The external application of *Carbolic Acid* dissolved in water, is given as a *preventive* against unwholesome effects when the subject is obliged to touch or handle patients with contagious diseases, or poisoned, ulcerous wounds. Another remedy is to expose the poisoned hands to the greatest heat that can be borne, for five or ten minutes ; then wash with soap and water.

Hydrophobia.

If the patient is thrown into convulsions at once, the following remedies can be given, one every hour until a

physician arrives: *Bell.*, *Lachesis*, or *Cantharides*, *Hyoscyamus*, *Mercury*; or *Stramon.*, *Veratrum*, *Hydrophobine*.

If a "mad stone" can be procured, and bound on the wound produced by a rabid animal, it possesses the power of drawing the poison from the blood through its own porous substance, and is said to be quite efficacious.

The prescribed treatment, in case no physician can be obtained, is as follows :

Make an excision of the wound as deeply as the location will permit, then cauterize with nitrate of silver until a large scab forms over it. This will make a running ulcer which must be kept open for a long time by irritating ointments. The patient should take, meantime, every five or seven days, a dose of *Bell.*, or *Lachesis*, or *Hydrophobine*, until the cure is completed. If a small vesicle appears under the tongue in seven or eight days, accompanied with symptoms of fever, lance it, and rinse the mouth with salt and water.

Wounds, Bruises and Sprains.

The edges of wounds should be brought together by adhesive plaster, but in case of laceration, where this cannot be done, the surface of the wound should not be allowed to heal before the deeper parts have adhered. A wet sponge should be placed in the bottom of the wound for this purpose, renewing it and cleansing the

part with tepid water, once a day. The first treatment for a wound, is the free use of cold water, carefully cleansing it from all foreign matter. If the hemorrhage is difficult to suppress, and the color of the blood is bright red, compress the wound with lint dipped in arnica water, placing a sponge over this. If this is ineffectual, compress the artery above the wound with the finger, or bind a handkerchief tightly around the limb. For much loss of blood, give wine and a dose or two of *China*. Dress the wound with lint kept wet with cold water and tincture of *Arnica*. A few drops of this tincture may also be given internally. Great care should be taken with wounds which are suppurating, in order to keep them well cleansed.

If inflammation sets in, apply warm bread and milk poultices. Give *Cham.*, *Bell.*, and *Hepar*, internally, alternating them every two hours. Dose, four globules.

Give *Acon.*, *Cham.* and *Bell.* in same manner, if fever occurs.

Calendula Tincture is recommended after *Arnica*, where wounds are contused or lacerated.

In Sprains and Concussions, apply first *Tincture of Arnica* and water ; afterward, *Rhus* in solution when the tendons and joints are affected. *Rhus* is also used to remedy "Strains."

Sprains occur most frequently with the wrist or ankle joints. To rub them at once with lard, afterward keeping

them saturated with a cloth wet in cold water, is a good method of treatment. This also applies to Bruises. The lard frequently reduces the swelling immediately, and also lessens the discoloration.

For small Cuts, so often occurring among children, press the wound with a soft sponge or piece of old linen wet in cold water, until the bleeding has ceased ; then bring the edges together with adhesive plaster or court plaster. Arnica plaster is also recommended. In case there is any spirting from bloodvessels which have been cut, the finger should be pressed over the place for some minutes, or if the first time does not succeed, repeat the operation.

Lockjaw.

The exciting cause of this difficulty is a wound which produces violent irritation of nervous centers and consequent pain.

TREATMENT.—If practicable, enlarge the wound and use bread and milk poultice.

Use *Arnica* externally, as a wash, and internally a dose of four globules or one drop every two hours.

If there is increase of spasmodic action give the same dose of *Bell.*, and *Lachesis* ; or, in case these do not avail, use *Opium* and *Hyoscyamus* in the same way.

If the patient is worse when touched or handled, give *Ignatia* ; if warmth aggravates the symptoms, give *Secale*. If the body is contracted backward rigidly in

an arched manner. use *Rhus* and *Ignatia*; or if these do not prove effective, try *Stramonium*.

A water application is made by putting the patient in a bathing tub, rubbing well and long with cold water, then placing him in bed and rubbing with the hands. Repeat the process in an hour or two, in case first treatment has wrought no change. It is sometimes necessary to apply a cold water douche to the spine, supplemented by rubbing with the hands.



MATERIA MEDICA.

Aconitum Napellus.—This remedy is given the first place in our “Materia Medica” on account of its great efficacy in a wide class of diseases. Its English names are Wolfsbane and Monkshood. It is used in all fevers and inflammations. The symptoms requiring it are—Chills followed by burning fever, quick pulse, flushed face, hot skin, restlessness, dry cough, high-colored urine, difficult respiration, thirst, etc. Its wonderful power is in its control of the circulation.

Arsenicum.—For diseases indicating depression of vital forces, violent Cholera, Diarrhœa with watery or burning stools, obstinate Ulcers, Eruptive Skin Diseases, Dropsy, Asthma, Bronchitis, Influenza, cold in the head, the various kinds of fevers, marked by great debility and thirst.

Apis Mellifica.—Stinging Eruptions with swelling, hoarseness and difficult urinating, Dropsy after Scarlet Fever, Nettlerash, Erysipelas, with great œdema.

Antimonium Tartaricum.—For Pneumonia, Bronchitis, Catarrhal Croup; it produces, when taken in large

doses, an inflammation, catarrhal in character, affecting the mucous membranes, and even the lung tissues.

It is regarded as the most important remedy in Small Pox, and if taken in time, does not require support from other remedies. It causes the eruptions of pustules similar to Small Pox; vomiting, with nausea, cold skin and prostration.

Antimonium Crudum.—For foul eructations, tasting of food, loss of appetite, flatulence, “constipation, alternating with diarrhoea, mucous discharge of the anus, secretion of tenacious mucous with much hawking for its removal, milky white tongue, low digestion with drowsiness, loss of strength, etc. It corrects that condition of the digestive organs favorable to Worms.” The face is affected with rough blotches on the cheeks or nose.

Arnica Montana.—For Lockjaw, Spitting Blood, spasmodic action arising from internal injuries, rheumatic pains resulting from too long continued bodily labor, brain concussion, breast swelling, sore nipples, fatigue, chilblains, stitch in the side, etc.; is used immediately after childbirth. Used externally as a Lotion, it will obviate the bad results of bruises and injuries almost immediately, if applied at once. Formula for Lotion is as follows: Ten to twenty drops of strong tincture to half a teacupful of water. Saturate cloths and apply, and cover with dry cloths or oil silk. The Arnica

which is prepared for inward use should be taken at the same time, and aids in the cure. A *caution* is advised in some constitutions where Arnica lotion produces an eruption like Erysipelas. Such may substitute Reuta Grav. or Hamamelis Virg.

Bryonia.—For Sciatica, Pleurisy, Pneumonia, Cold on the Lungs, Lumbago, Bilious Headaches, Jaundice, Rheumatic diseases when aggravated by movement, derangements of the liver and bowels. Symptoms—Sour eructations, waterbrash, heavy sensation in the stomach, constipation, depressed spirits.

Belladonna.—For disorders attended with congestion in the head, Inflammation of the Eyes, Sore Throat, Toothache, Convulsions, Neuralgia, Delirium, Brain affections, Scarlatina, prevents epidemic Scarlatina, and is often used as a specific in that contagion. Belladonna is often alternated with Aconite in inflammatory disorders characterized by brain symptoms, and is regarded as of great importance in these cases.

Camphor, Homœopathic Tincture of.—"It is antidotal to almost all the drastic vegetable poisons; relieves Strangury, procures reaction from cold, congested conditions, is the great anti-choleraic, and quiets nervous irritability sometimes better than Coff., Ign., or Hyos. This is its whole clinical value—and a great one it is—in a nutshell." Two drops on a little loaf sugar administered

every fifteen or twenty minutes three or four times. Four drops given in the same way in Cholera every ten, fifteen, or twenty minutes. Rubini's preparation is strongest. It should be kept separate from all other Homœopathic remedies in consequence of its volatile nature. If taken in time it will often cure Influenza.

Chamomilla.—A remedy for women and children, especially in diseases affecting the nerves, the uterine system, and the biliary. For Neuralgia with lacerating pain, Toothache, when the pain is worse at night, difficult dentition with irritability, swelling gums, incipient stages of convulsions, cheeks red and hot, convulsions from anger, teething or pain, Diarrhœa of children from cold or teething, Catarrhal Cough of children with hoarseness; it has a pronounced action on the sexual system of women, as in Dysmenorrhœa, and disorders attending pregnancy, and after-pains. "Also for the consequences of passion, and when pain seems to be intolerable, owing to the extreme sensitiveness of the patient."

Cantharis.—For disorders attending the Urinary Organs; Strangury; Pain of loins; soreness in vicinity of bladder. Externally, it is used in burns and scalds. Ten drops of the strong tincture to a teacupful of water makes requisite lotion. A pomade of this remedy is used for falling out of hair after sickness.

Calcareæ Carbonicæ.—"For scrofulous, rickety and tuberculous affections. Glandular swelling of the neck and abdomen; eruptions around the eyes and agglutination of the lids; difficult or delayed dentition, with heat and swelling of the gums; deafness, with snapping and roaring noises in the ear, and chronic diseases of ear; chronic diarrhœa, incipient consumption of the bowels, swelling of the mesenteric glands; cough, with fœtid or bloody expectoration, or difficult breathing; obesity, from a lax condition of the tissues, or, on the other hand, emaciation; diseases of females when the menses appear too soon or are too abundant; sterility; leucorrhœa, chronic headache, worse in the morning, from mental fatigue; also in obstinate diseases of the bones (rachitis) and skin; best adapted to diseases of women and children, and chronic ailments.

Calendula Officinalis.—(*Marigold*).—For external use. Teaspoonful of the pure tincture to about half a teacupful of water, gives formula for lotion. For bruises, cuts, wounds of the flesh and joints; considered better than *Arnica*, especially where erysipelas is in the blood; controls hemorrhage, and antidotes the pain of wounds.

Carbo Vegetabilis.—Piles, worms; toothache, with ulcerated gums; tendency to diarrhœa, loss of voice, sensitiveness to weather changes, nettlerash when

chronic, foetid ulcers, burning skin, flatulence, distension of the stomach with heartburn, oppression after eating, burning in the lower bowel. Is an antidote to bad results of Quinine and Mercury.

China.—(*Peruvian Bark.*)—Specific to periodic fevers; debility, with disposition to perspiration; summer diarrhœa, with bilious discharges or with undigested food; flatulence, enlarged spleen and yellow skin, seminal emissions (spermatorrhœa) from sexual vices and undue excitement of those organs in connection with weak and dyspeptic subjects; prolonged nursing; bad results of mercury, purgatives, miasmatic fevers, loss of blood, broken rest, etc.

Colocynthus.—For flatulent colic, neuralgia, sciatica, griping, etc.

Coffea.—Nervous sufferings of sensitive children or women; severe labor-pains or after-pains; nervous toothache, wakefulness of children; counteracts nervous effects of joy.

Cina.—For threadworms, especially “indicated by picking the nose, grinding the teeth, convulsions and spasms; voracious appetite, alternating with poor appetite, itching at the seat, diarrhœtic motions, discharge of worms, wetting the bed, cutting pain in the abdomen, hollow cough in children;” corrective of “intestinal parasites.”

Cimicifuga (or Actæa) Racemosa.—For Amenorrhœa, Dysmenorrhœa, and Menorrhagia ; rheumatic affections especially of the left side, with uterine difficulties ; crick in the back, pain across the eyeballs, palpitation of the heart, pain in the lumbar region, pain below the left breast in females, pregnancy difficulties, and those attending the critical age.

Cuprum.—St. Vitus' dance, cramps, convulsive movements ; epilepsy, with convulsions, paleness, dizziness and debility ; spasms, with emaciation ; cholera, vomiting, sallow complexion ; pain in the bowels, with prostration.

Drosera.—Whooping-cough, after the use of Ipecacuanha and Belladonna ; spasmodic coughing, generally, with vomiting, wheezing, and sense of suffocation.

Dulcamara.—If taken at once, will prevent consequences from a cold, mucous diarrhœa, catarrh of the bladder, stinging skin eruptions.

Gelsemium Sempervirens. — For hysterical excitements, languor from weariness, neuralgic face ache and muscular twitchings ; spasmodic croup when the brain is affected, or Acon. fails ; mental excitement or sleeplessness of children ; to bring out eruption in scarlatina when Acon. or Bell. fails ; corrective also of remittency in fevers ; weakness of sight, or double vision, with

heavy dizziness in the head ; palpitation of the heart, nervous toothache, spasm of the glottis, wetting the bed, acute muscular pain from over exertion.

Hamamelis.—" Varicose Veins ; Hemorrhage from veins, bleeding piles tendency to, hemorrhage from various parts, vicarious menstruation ; Dysmenorrhœa from diseased ovaries ; discoloration, as from a bruise." Substituted in external use for Arn. when that remedy does not agree with the patient ; good for chilblains ; lotion made of one part of the strong tincture to four of water.

Hepar Sulphuris.—Principally for " inflammatory affections of the windpipe and air-passages," croup, consumptive coughs, viz.: " Scrofulous enlarged glands," with mattery discharge ; " abscesses, scaldhead, salivation." It is a compound of Sulphur and Calcareæ, acting on the skin and the glands.

Ipecacuanha.—Acts on the respiratory and digestive organs. For Spasmodic Asthma, coming on at night, Whooping cough in spasmodic stage, Hay fever and some kinds of bronchitis. Hemorrhage from various organs, with bright red blood, colic with dysenteric stools. For those disorders producing nausea and vomiting.

Ignatia.—For hysteric disorders, nervous conditions arising from grief, great despondency or ill humor,

convulsions from worms in infants and children. “Pro-lapsus, ani,” Hypochondriasis among males.

Kali Bichromicum.—For the skin and mucous membranes, Chronic Bronchitis, Chronic Catarrh, Hoarseness, Polypus of the nose, Catarrhal and Strumous Ophthalmia, syphilitic disorders of the eyes, chronic Dyspepsia, pustular eruptions, syphilitic ulcers of the legs, face pimples.

Lycopodium.—For Waterbrash, Scald Head, Glandular swellings, Scrofulous ulcers, Loss of Hair, Rheumatism, Gravel and Stone, distension of the abdomen, Chronic Constipation.

Mercurius Solubilis.—(1.) Glandular Affections, Sore Throat, with difficult swallowing and ulceration, profuse foetid saliva, Thrush, Cancrum oris, Toothache from decay, Jaundice, “Ophthalmia, agglutination of the eyelids, ulcers on the cornea, discharge from the ears, soreness, deafness, Diarrhœa preceded by chilliness and with green or various colored evacuations—particularly of infants and children, Torpid Liver, with dull pain in the right side, poor appetite, and dejected spirits, long round worms, Syphilitic and Glandular Scrofulous swellings, Syphilitic Ulcers, Gonorrhœa”; two pronounced indications for using this remedy are increase of symptoms at night, and profuse perspirations that weaken instead of relieve.

Mercurius Corrosivus.—Syphilitic Eruptions, Gonorrhœa in first stage, Syphilitic Ophthalmia, Cirrhosis, “Dysenteric Affections with tenesmus, burning pains in the abdomen and discharge of bloody mucous.”

Nux Vomica.—For gastric disorders, “Constipation with ineffectual desire for stool, Constipation alternating with relaxation, Waterbrash, Heartburn, Flatulence, Headache with giddiness,” Spasmodic Asthma, dry Coryza, Spasmodic Stricture from intemperance, irritable bladder; for pains arising from spasm in distinction from inflammation, valuable in disorders resulting from sedentary habits, too close brain labor, night watching, over-eating, alcoholic abuse; symptoms are aggravated by mental efforts, taking food, and are worse in early morning.

Opium.—It restores nervous susceptibility when in lethargic states which prevent appropriate remedies from taking effect. For Typhus Fever with sleepiness and retention of urine, Torpor, mental and physical, apoplectic conditions with slow pulse and stertorous breathing, Lead Colic, Paralytic Constipation, or retention of urine, results of fright or violent emotions.

Pulsatilla.—Its most marked effect is on the female sexual system, as in tardy or suppressed Menstruation, Leucorrhœa, false, delayed, or deficient labor-pains, retained placenta, after-pains, deficient secretion

of milk, suppression of the lochia, used in swollen testicles, and other disorders attending male organs; it is better adapted to persons of gentle temperament, with tendency to relaxation.

It assists in Measles, Chicken Pox, Remittent Fever, and other diseases of children; in Catarrhal disorders, and Sub-acute Bronchitis with mucous discharge, affections of the eyes, like Styes, Twitching, Agglutination, and profuse lachrymation, Deafness from Catarrh or Measles, Varicose veins, in Gout and Rheumatism, Mucous Diarrhœa, Mucous Dyspepsia, indigestion from rich food.

Phosphorus.—For Pneumonia, particularly in children, Chronic Bronchitis, Hoarseness, Dry Cough, Consumption, Chronic Diarrhœa and Hectic, Chronic inflammation of the stomach and bowels, Atrophy of the liver, Fatty Degeneration, Malignant Jaundice, Fevers, with want of reaction, weakness from loss of fluids, especially from Sexual Excesses and Self-abuse.

Rhus Toxicodendron.—For Rheumatism, Sciatica, Paralysis, Vesicular Erysipelas, Chicken Pox, Ringworm, Shingles, Scald Head, Lumbago, after using Aconite, Skin disorders.

It is used externally for Sprains, injured Ligaments, Tendons, Joints, in Superficial Burns and Stings, Chilblains and Warts.

Spongia.—Of marked use in Croup, especially the early stages; generally alternated with Acon., Hoarseness, Dry Cough, Goitre.

Silicea.—Its use lies in its action over the absorbent and exhalant vessels, especially in connection with the joints and tendons; in abscesses, it aids suppuration. Leucorrhœa, Whitlows, Corns, Scabbed Head, Ringworm, Housemaid's Knee, Rickets, Glandular and Lymphatic swellings, Scrofulous Ulcers, Gum-boil.

Sulphur.—As excessive use of this remedy produces boils, it is homœopathic to them. Its action resides particularly with the skin. Itching which is relieved by scratching indicates its use. For Chilblains, Whitlows, Scald Head and Scrofulous affections, Incontinence of Urine, Strumous and Catarrhal Ophthalmia, Prolapsus Uterus, Chronic Gonorrhœa, Tapeworm, Itching of the Anus, Chronic Constipation, Piles. Like opium, it is used in arousing dormant nervous forces.

Veratrum Viride.—"Fever with Violent Headache and Brain Symptoms, Rapid Pulse and Sickness, Remittant Fever of infants, invasive stage of Scarlatina, Measles, etc., with head symptoms, Erysipelas—especially Vesicular; in this case external application—thirty drops of strong tincture to half a pint of water—is useful. Congestion of the Head during teething, Inflamed Corns, Bunions, Pneumonia."

Veratrum Album.—Asiatic Cholera, Diarrhœa with painful gripings, “Violent Vomiting and Purgings, short of that deadly collapse indicating Arsenicum, Cold Sweat, Black Vomit, Convulsions attended with great weakness, Vomiting during pregnancy, Autumnal Diarrhœa, Cramps in the bowels or limbs.”

Antidotes.—Two drops of strong Tincture of Camphor, or a strong infusion of Coffee antidotes an overdose of these medicines.



PART II.

MANAGEMENT OF THE SICK-ROOM.

An airy, well-ventilated room by night and by day is of so much importance in both sickness and health that it cannot be too strongly urged upon the attention of those especially who have the sick in charge.

Ventilation in the sleeping apartment during sleep is perhaps more necessary than at any other period of the twenty-four hours, because the body during sleep acts as the greatest absorbent. It also throws off more impure matter. Children are more sensitive to these influences than adults.

The restlessness of children during sleep when there is no apparent illness, is often quieted by opening the window, thus allowing the fresh outside air to replace the impure atmosphere of the confined room. If a fire is kept in the sleeping apartment it is all the more imperative to provide a constant renewal of pure air, as the oxygen which feeds the fire quickly exhausts the air of its life-giving properties. The windows should be lowered from the top and raised from the bottom to a greater or less extent, during the entire year. This method allows the escape of impure air at the top and

the ingress of outside air at the bottom,—a fact which can be easily illustrated by holding the flame of a candle in the two currents. The flame will take an outward direction at the top of the window and be blown inward from the bottom. The air which exhales from the lungs is, of course, warmer than before it entered them, and being warmer, ascends to the top of the room. If the window is lowered at the top it will give this impure air a chance to escape ; otherwise it must be, to a certain extent, breathed over again, and derangement of health follows. There are people who will go to the seaside for a “change of air” and yet disregard every law of hygiene in their sleeping apartments at home. If pure air is so important a factor for well people to keep well, it certainly is a most conspicuous agent in the recovery of the sick.

Confusion and noise of all kinds should be avoided in the sick room. Rustling garments or squeaking shoes worn by the nurse, or even the rattle of a newspaper, are all rasping to the weakened nerves. Conversation should never be carried on in whispers ; it is liable to give the patient an impression that the illness is worse than it really is. The light should be carefully regulated,—subdued, but not excluded. Headaches and fevers are often increased by the stimulus of light. But in cases of wasting disease, or when the patient is convalescent, free exposure to the light is often a restorative

measure. The decision in these matters must rest with the nice discrimination of the nurse. All odors should be shut out from the sickroom ; no cooking over lamps or otherwise should be allowed there and the remedies used should also be kept in another room. Gentleness of manner and cheerfulness of presence in the nurse are subtle, but active agents in the recovery of the patient. In cases of severe illness it is extremely detrimental to permit persons to crowd around the bedside of the sick, thus consuming the pure air needed by the patient. The average consumption of air is about twenty cubic inches at each inspiration, 300 cubic inches of air, or twenty-four inches of oxygen per minute being required for an individual. From eight to nine per cent. of oxygen is thus consumed by the lungs at each inspiration. If from any cause, they are deprived of this quantity of air food, the lungs lose their arterial power; in other words, their power of vitalizing the blood; and disastrous results follow. Hence, in critical illnesses it is of serious importance not to vitiate the air around the bedside of the sufferer, by using up the needed oxygen, and replacing it with carbonized air, which has been expelled from the lungs of persons who are gathered around.

Company in the sick room should be sparingly and judiciously admitted. Sometimes a short call from a dear and cheerful friend acts as a tonic upon the invalid,

and, on the other hand, a long call from a tedious and melancholy person, throws the patient into a state of morbid nervousness. A wise nurse will regulate these matters without trouble. Hence the importance of selecting a woman of combined gentleness and judgment for that position. Few realize that an injudicious caller may so excite or exhaust the strength of the patient as to retard recovery to a large extent.

It is well for the nurse to gently rub the whole body with the palm of the hand morning and evening, especially if the invalid is nervous and feverish. The magnetism and electricity of the nurse thus passes to and strengthens the patient. Do not at first rub all one way, but rather in circles and crossways; when you have thus thoroughly aroused the circulation, pass the hand many times in downward strokes over the entire body, in this way allaying nervous irritation, and quieting the patient for a good rest or sleep, as the case may be. This is of more practical value than many suppose; but the most experienced and intelligent nurses fully appreciate its efficacy.

If the patient has poor digestion, and there is a tendency toward emaciation, frequent olive oil baths are recommended. Rub it over the entire body, but especially on the stomach and bowels, and down the spine. A tepid salt water bath is also beneficial.

The influence of the mind on disease is well known.

Death has been produced in innumerable instances, by fear alone. In times of epidemics, the list of victims induced by fear, numbers its thousands. An Oriental legend illustrates the dread power of fear acting on the human mind, by a story of a traveler who sees *Pestilence* entering the gates of a city, and asks its mission. "To the city," replies *Pestilence*, "to destroy three thousand lives." But when the phantom stalks outward, leaving in its train thirty thousand slain, instead of three, the traveler asks why the destroyer has exceeded its mission. *Pestilence* replies, "I have destroyed but three thousand, fear has done the rest."

Some French physicians tried the experiment on a criminal, making a pretence of bleeding him to death. His eyes were bandaged, his arm punctured with a pin, and a jet of tepid water fell upon his arm into a basin below. The doctors, meantime, carried on a conversation about the operation in progress, the amount of blood lost, the time which would elapse before death took place, and the general symptoms present. While this was taking place, the breathing of the criminal grew fainter and more faint, until in a short time, he died. Yet not a single drop of blood had been lost.

Grief and terror have been known to turn the hair snowy white in a single night; and despair has driven many a mortal to madness or suicide. In critical cases, where life seems to turn on a breath, a word, or a chance

accident, it is almost invariably fatal if the patient gives up all hope. At such times the presence of a healthful, magnetic person who can inspire a hopeful contagion, is invaluable.

Harmony between the three departments of human life—the moral, the physical, and the intellectual, or the soul, the body and the mind, is the only law of perfect health, and when these are out of adjustment, the wise attendant will seek by every gentle means in accord with Nature, to restore the balance of action.

Exercise.

Violent exercise should never be taken immediately after or before a meal. *After* eating, the stomach is busy with digestion, and *before* eating it should be in a rested state, preparatory to performing its work. The violation of these rules is a fertile cause of dyspepsia. Never eat immediately after a long walk, or any exercise or labor which has tired you. Rest a little first, thus giving the stomach time to recover from its fatigue. A proper amount of exercise taken at suitable times and with regularity, is a most important requirement of health, and cannot be dispensed with without dragging in its train a multitude of evils. The muscular action of the *entire* body should be brought into use at least twice a day, to keep its vitality undiminished, and the mind clear. This can be done by a series of gentle

gymnastics, which each one can invent for herself. The use of dumb bells, if not too heavy, is very good for the arms ; in the absence of these, a set of upward and downward movements, also backward and forward, also twisting the arms, or any movement which brings the muscles of the arm and shoulder into action, are all recommended. Placing the hands on the hips and raising the body on the balls of the feet with an alternate rocking motion, is a mode of exercise which brings into play all muscles of the limbs from the hips downward ; this will rest the body even when fatigued from walking.

These sets of exercises should be practiced morning and evening. To persons of sedentary pursuits they are invaluable, and those who habituate themselves to this mode of invigoration, know well its refreshing power. Children, in their variety of recreations, find a healthful adjustment between brain and body, without the need of prescribed rules.

Open-air exercise is recommended for all, at all seasons of the year.

Bathing.

Ablutions of any form, either cold or tepid, should be followed by rubbing with the hands over the entire body, to restore the loss of magnetic vitality, and also to produce a circulatory action of the skin. Movement

exercises of the arms, lower limbs and body should be taken afterwards.

Tub-baths are not, as a rule, recommended ; or, if taken, the time of remaining in the water should be short. Cold bathing cannot be taken by all, without injurious results. If fullness of the head follows, it should be abandoned, and the tepid bath substituted. In winter, the room in which a bath is taken should be well warmed, but not hot. The best time for bathing is on arising in the morning, or two or three hours after breakfast ; or at night, just before retiring. In bathing at night, the sleep is more refreshing, and there is less liability to take cold. Baths should never be taken immediately after a meal.

Foods.

Beef, mutton and venison are the preferred meats for invalids on account of their highly nutritive properties, and also because they are easy of digestion. Poultry is easily digested ; so are eggs and oysters when not cooked too much. Veal and lamb require a longer time for digestion, but are rich in nutriment. Broths and teas made from meats are, as a matter of course, better for invalids who cannot digest the meat fiber, and yet require their nourishing qualities. Rice, sago, arrow-root, farina, and tapioca, are all easily digested and nutritious. Baked potato is better for the stomach than

when boiled. Fruits should be taken in the morning. An orange eaten every morning before breakfast is an excellent corrective for the digestive system. Tea and coffee are wholesome drinks for some, and injurious to others. Each stomach must be its own criterion in such cases, but *strong* tea or coffee is an injury to *any* stomach. If tea is used, let it be *black* tea instead of the poisonous compounds sold under the name of green tea. Coffee is more in agreement with the stomach if taken with cream alone—without sugar. It is never allowed while taking medicine, as it antidotes nearly all medicines. Chocolate is fattening in its tendency, and is only prohibited in diseases of the stomach or bowels. Generally, it is recommended in preference to tea or coffee. Milk should be avoided by those of full habit, as it only increases that condition.

The time required for the digestion of a few prominent articles of diet is as follows :

	HOURS.	MIN'S.
Beef, when fresh, roasted or broiled.....	3	
It requires an hour and a quarter longer to digest old, salted and boiled beef.		
Fricassee'd chicken.....	2	45
Boiled codfish	2	
Roasted duck.....	4	
Lamb, broiled....	2	30
Beef liver, broiled	2	
Mutton.....	2	
Pork, stewed	3	
When roasted it requires	5	15
Veal, broiled.....	4	

Venison steak, broiled.....	1	35
Hash (meat and vegetables)	2	30
Trout, salmon.....	1	30
Turkey.....	2	25
Tripe	1	
Salted salmon.....	4	
Eggs, raw	2	
If soft-boiled, they require 3 hours, and if hard-boiled, 3 hours and 30 minutes.		
Wild goose, roasted.....	2	30
Sweet apples	1	50
Sour apples.....	2	50
Boiled barley.....	2	
Oysters, raw.....	2	55
Oysters, stewed.....	3	30
Potatoes, roasted or baked.....	2	30
Potatoes, boiled.....	3	30
Turnips	3	30
Rice	1	
Sago.....	1	15
Tapioca	2	
Milk	2	
Bread	3	30
Cheese	3	30
Butter	3	30
Raw cabbage and vinegar.....	2	

Climate exercises a large influence on the classes of foods required by the human system. Dwellers in torrid latitudes need only the juicy fruits and vegetables so lavishly provided by Nature in those regions. Frigid climes demand heat-producing meats and oil, while the temperate zones intermingle and blend the two extremes. An entirely healthy stomach should regulate its own choice of foods in accordance with the demands of the system. If there is especial drainage on the brain

forces, phosphates should be supplied. If muscular action is called forth in excess of other functions of the body, food to supply muscular strength should be eaten. If adipose tissue is required, food for that purpose can answer the requirement; or if too much of plethora lowers the normal standard of activity and causes the blood to run in sluggish currents, food of the proper kind can relieve the gorged channels of their load, and restore an equilibrium.

INVALID COOKERY.

Every professional nurse who enters so important a field of action as the care of the sick, should have at her command a knowledge of invalid cookery ; for proper diet often counteracts disease, and is sometimes of more value than the remedies, since the action of remedies is either restricted or rendered stronger by the aid of dietetics.

The best modes of preparing food for invalids, and the selection of the most nutritious food, is of vital importance, as every one knows who has witnessed the effects of deficient and innutritious diet among the poor. It is well known that the exclusive use of certain kinds of food will produce disease—as in the case of the Arctic explorers who suffered with scurvy when deprived of vegetable diet ; and the Banting and other systems for the reduction of adipose tissue, illustrate the same line of facts. Brain action is accelerated by the use of phosphates in food, and athletes are carefully fed as well as trained with direct reference to strengthening muscular fiber. Definite rules cannot be laid down for all ; but with a knowledge of the relation of food to nutriment, a judicious selection may be made.

Starchy foods during the process of digestion, are converted into sugar.

Sugar, if taken in excess of the needs of the system, changes into acid fermentation. When not in excess, it produces fat. Fat seems to undergo little change in the digestive mill, but helps the assimilation of other foods. It is the best heat-producer, the most active agent in filling out and giving regularity to the body. It is also considered anti-scorfulous.

The above are classed as non-nitrogenous foods. Bread, made of unbolted wheat flour, contains nearly all the elements of nutrition.

Animal food makes flesh, and also generates heat. It increases the firmness of the muscles, and acts on the urinary secretion. The food obtained from animals of middle age is most nutritive, and of fuller flavor than at any other period ; young animal food, though more tender, is not so easy of digestion.

Meat of a pale pink color indicates disease, or if of a deep purple tint it shows that the animal has died without being slaughtered.

Good meat is firmly elastic and has little or no odor.

Beef and mutton are principally used in fresh-meat foods. Beef should not be used as an article of diet in acute diseases until the patient is convalescent. However, in cases of Cholera Infantum and Dysentery when all other remedies have been exhausted, raw beef re-

duced to a pulp and prepared with a little salt, has proven efficacious.

Bacon and ham are recommended foods, as agreeing with the stomach. Fat bacon in connection with nitrogenous foods is extremely nutritive. It also adds to the nourishing power of peas, beans, eggs and poultry. But pork, of all meats, should be well cooked, on account of the possibility of parasites—which cooking destroys.

Fish are better to use before the spawning season. Deep-sea fish are better than those caught in shallow waters. The quality of the fish depends on the kind of food which the waters he inhabits can supply.

Eggs, and their shells, contain all the necessary elements to maintain the human body. The yolk is richer than the white, the white being largely albumen. Hard boiling renders the white of an egg least digestible, while it makes the yolk *more* easy of digestion. A raw egg, beaten into half a pint of milk, is the best mode of preparing it for weak digestion, and affords thus, the most nutriment. Eggs are especially recommended in lung affections.

Milk also holds every element needed by the body ; in chronic derangement of the stomach and bowels it is considered of great value.

Foods Prepared from Meats.

Meats are better roasted than boiled. Mutton or mutton broth is better suited to a weak digestion than beef. Chicken broth or boiled chicken, venison and soft-boiled eggs rank first as easy of digestion. After that come "roast fowl, lean turkey, pigeons, etc., followed by lamb, oyster and boiled white fish, except cod." Fresh meats should be broiled to render them most wholesome; for broiling is the same principle as roasting, applied on a smaller scale.

Meat cooked in its own vapor by placing it in a covered jar and putting the jar into boiling water, is a wholesome form of preparing it. Salting meat removes the natural fluid and renders it less nutritious. When broth is required, the meat should be chopped into fine pieces and soaked in cold water for a time, then slowly heated to just below the boiling point and kept there for half an hour or longer.

Soups, however, require long boiling of lean meat or soup bones, from which all the particles of fat have been removed.

BEEF TEA. Cut half a pound of lean steak into small pieces, and put it into a pint of cold water, in a covered dish. Let it stand for several hours, and then simmer for two hours. Skim off the grease before serving.

Another way is to place the covered vessel containing the beef and water, in a kettle of hot water near the

fire for several hours. Sometimes it is made by heating the contents slowly to a boiling point and then straining it at once.

LIEBIG'S EXTRACT OF MEAT. A teaspoonful dissolved in half a pint of boiling water makes a very good substitute for beef tea.

BEEF JUICE No. 2. Put the same amount of scraped beef, without water, into a perfectly closed jar, and let the jar cook in a kettle of hot water. The dose is one or two spoonfuls. The jar should remain in hot water.

BEEF ESSENCE. A pound of lean beef cut up finely and put into an earthen jar with the cover made air-tight by means of flour paste around the edges, or tied closely with several sheets of paper; boil this for two hours in a kettle of hot water, pour off the liquid, and skim off the fat when cold. Dose, a few teaspoonfuls once in every two or three hours. This is excellent in restoring exhausted forces.

BEEF PULP. This is made by scraping the surface of the beef with a silver spoon until the pulp is obtained, then cutting a fresh piece and repeating the operation. A tablespoonful or two is an ordinary dose, or for children a teaspoonful. This is sometimes made into a sandwich with bread, or mixed with currant jelly. It has been used with much benefit in Dyspepsia, Chronic Diarrhœa and with Consumptives.

VEAL BROTH. Chop the meat and bone together of twelve ounces of good fresh veal. Remove the fat and skin. Add enough cold water to moisten the meat, and a teaspoonful of salt. Let it stand (covered) for twenty minutes, then add a quart of cold water, let it come to a simmering heat, and keep it there for an hour and a half. Skim, and strain through a fine sieve. Add to this either vegetables, or prepare a few thin slices of dry toast, and pour the liquid over these in a soup dish. Ten drops of lemon juice may be added in some cases.

MUTTON BROTH. The "scrag end of the neck" is said to be the best portion of the animal to use. Take half a pound of this and chop the meat and bone together. Moisten with cold water and add a teaspoonful of salt. Let it stand for three-quarters of an hour in a covered dish. Then add a pint of cold water, place in a stew pan on the fire, and keep it at a simmering heat for an hour and a half. Then skim it and strain through a fine sieve. If agreeable to the taste, it can be thickened with Bermuda arrowroot.

CALF'S FOOT BROTH. A calf's foot simmered in three pints of water, with a little lemon peel added, for three hours, and then boil to a pint. Strain the liquid and remove the fat when cold. To a pint of this broth. add (after heating) a well-beaten egg, half an ounce of butter, some grated nutmeg and powdered sugar. These should be stirred in the broth until it thickens.

CHICKEN BROTH. Put half a pint of water on one-half of a full-grown chicken (after it is prepared for cooking) in a covered dish, letting it stand for twenty minutes. Then add a pint of water and teaspoonful of salt, and keep at simmering heat for an hour and a half. Strain through a fine sieve.

BARLEY SOUP. Put four ounces of pearl barley into three pints of water, with a pound of beef bone and one potato. Season with salt and pepper. Let this cook gently for four hours. Then strain it and put the barley back into the soup. It may then be heated if necessary.

SARDINIAN SOUP. To two well beaten eggs, add half a teacupful of cream, an ounce of fresh butter, a little pepper and salt, and enough flour to make a dough. Mold the dough into small balls, fry in butter, and add them to any kind of soup or broth.

BAKED SOUP. Put into three pints of water, a pound of lean beef cut into thin slices, to which is added an ounce of rice, and salt and pepper to taste. Place this in a tightly covered jar and bake for four hours.

EGG SOUP. The yolks of two eggs well beaten, a tablespoon rounding full of butter, sugar to taste. Add gradually a pint of water, heating the whole slowly and stirring it while heating. When it boils, pour the liquid to and from two dishes, until it is smooth and frothy.

LENTIL SOUP. Mix with milk to the consistency of cream, a teaspoonful of corn flour and a tablespoonful of lentil flour. Pour very gradually on this three-fourths of a pint of milk just taken from the boiling. The milk may be made sweet or salted to suit the taste, and flavored. Stir the mixture while boiling, for ten minutes. A whipped egg added afterward, is an improvement. This is recommended as a substitute for beef tea.

EXTRACT OF BEEF, CREAM AND EGGS. Stew two ounces of pearl sago in half a pint of water until it is very thick. Add a teacupful of boiling cream and the yolks of four eggs. Stir this into a quart of boiling beef tea. The sago should be thoroughly washed before using. This preparation is especially recommended in slow convalescence after acute disease.

EGG AND WINE. Two tablespoonfuls of water, sweetened, mixed with an egg beaten to a froth and poured in a wineglassful of sherry.

Another method is to make hot, but not boiling, a glass of sherry and a glass and a half of water—sweetened, which is to be poured while stirring, on the beaten egg. Set this on the fire and stir till it thickens, *without boiling*. To be served with biscuit or “fingers of toast.”

“**LAIT DE POULE.**” A French drink, made by beating the yolk of an egg in half a pint of water. Add sugar to taste.

FOWL AND EGG. Remove the meat from a cold roast fowl and chop it finely, adding a hard boiled egg, three tablespoonfuls of cream, half an ounce of butter, a tablespoonful of flour, a teaspoonful of lemon juice, salt and pepper to taste. Meantime put the bones and skin of the fowl into a saucepan with a half pint of water and a small onion. After stewing for an hour, strain it and pour over the other preparation. Allow the entire mixture to come to a boil and serve with toast.

POTATO SURPRISE. The lean of mutton chop, with salt and pepper, chopped finely, and put inside a potato which has been "scooped" out, leaving one end as a lid. It should be baked or roasted and served with hot gravy.

PANADA. Soak stale bread crumbs in milk for half an hour, and press out the milk. Take the same quantity of cold cooked chicken or beef or mutton, *scraped* finely. Pound the meat and bread crumbs together, season, and cook with veal or chicken broth. To be served on mashed potato.

STEWED OYSTERS. Scald half a pint of oysters in their own liquor. Strain the liquor, and roll the oysters in flour. Put half an ounce of butter into a stew-pan and enough flour to dry it up. Stir in the liquor. When it boils add two-thirds of a teacupful of cream and the oysters. Season to taste. Let it simmer for only a minute or two—or the oysters will harden.

SUET AND MILK. Half a pint of milk and a tablespoonful of beef suet, shredded, heated enough to thoroughly melt the suet. Skim and drink before it cools. (This is recommended where fat is needed, also for neuralgic patients, also for falling out of the hair.)

Another way is to tie in a muslin bag an ounce of suet chopped fine, and boil it in a quart of new milk. Sweeten to taste.

Or the same quantity of suet may be boiled in a pint of barley water with a little sugar and a quarter of an ounce of gelatine. Boil for an hour, adding more water to take the place of evaporation, and pour on a dozen pounded sweet almonds. Then strain.

LIME WATER AND MILK is prepared by mixing two teaspoonfuls of limewater to a tumbler half full of milk. Sweeten to taste. Milk and soda water is made in the same way.

OATMEAL GRUEL. Stir a dessert-spoonful of fine oatmeal into a tablespoonful of cold water and add very gradually three-quarters of a pint of boiling water. Stir until it boils, and let it simmer for ten minutes. Add sugar or salt and butter to taste. Boiling milk may be used instead of water.

The gruel may be poured over an egg beaten up in a wine glass of sherry and sweetened with a little lemon peel added. Serve with dry toast.

WHEAT GRUEL. Boil half a pint of wheat flour in a thick cotton bag or cloth for four hours. Dry it and grate the roll when used. Gruels can be prepared by stirring a thin paste of this into boiling milk and water. Season with salt. This is recommended during the period of teething.

OATMEAL PORRIDGE. Mix two tablespoonfuls of coarse Scotch oatmeal with a teacup of cold water until it is smooth. Add a pint of boiling water, stirring it while boiling for forty minutes. Serve hot ; or it may be eaten with milk.

ARROWROOT. Two tablespoonfuls of milk and two tablespoonfuls of arrowroot stirred together, the mixture stirred into half a pint of boiling milk. Add two or three teaspoonfuls of powdered sugar. Let it boil for three or four minutes longer.

SAGO. A pint of milk and tablespoonful of sago heated till it simmers, and kept so for an hour and a quarter. Skim and sweeten to taste.

CARROT PAP. Into half a pint of soft water put an ounce of grated carrot and let it stand twelve hours. Strain and press out the juice. Thicken this with grated bread or arrowroot, let it boil for a minute or two, and sweeten to taste.

It is said that carrot juice and water with bread holds all the nutriment needed for weaned children or invalids

suffering from weakness. The juice should be made fresh every day, and kept from fermentation. Large carrots are preferred.

OATMEAL TEA. On a tablespoonful of oatmeal pour a pint of boiling water, add a thin piece of lemon rind, and sweeten with honey. Stir well and let it stand until cool.

BARLEY WATER. A tablespoonful of pearl barley well washed. Add the juice of half a lemon and the entire rind, also two or three lumps of sugar. Pour over it a quart of boiling water and let it stand for two hours or more, then strain. Orange or currant jelly may be used instead of the lemon.

GUM ARABIC DRINK. Dissolve half an ounce of loaf sugar and one ounce of gum arabic in a pint of cold water. Heat this enough to dissolve the gum and stir it occasionally, then add lemon peel or fruit syrup, and let it cool. It is considered an *excellent drink in fevers*.

MALT TEA. Three ounces of malt boiled in a quart of water. This, also, is excellent *in fevers where the mouth is dry*.

LINSEED TEA. To an ounce of bruised linseed and a half ounce of sliced liquorice root, add two pints of boiling water, and place near the fire for three hours, in a tightly closed dish. Strain through some muslin and add sliced lemon and sugar. Dose, one or two table-

spoonfuls. This is recommended for lung diseases, also diarrhœa, dysentery, and inflammation of the bowels.

RICE WATER. The rice should be well washed. Then boil the rice and water for ten minutes, and strain off the water. Add more water to the rice and repeat the operation until the strength is boiled out of the rice. Drink when cold. Cream is a good addition, if no fever is present. Salt if desired.

TOAST WATER. Use stale bread, and toast it slowly before the fire until it is baked through, but not burned. Add a quart of boiling water and keep the dish closely covered until cool. If desired, lemon peel can be used to flavor it.

No. 2. One thin slice of stale bread toasted very brown and hard, and put in an earthen dish containing a quart of *cold* water. Let it stand, covered, for an hour.

WINE WHEY. A quart of new milk stirred till near the boiling point, then add a quarter of a pint of sherry and let it simmer for fifteen minutes. Skim off the top as it rises. Add another tablespoonful of sherry and skim till the whey is clear. Sweeten to taste.

TAMARIND WHEY is made by stirring a couple of table-spoonfuls of tamarinds into a pint of boiling milk. Strain when it reaches a curd. This drink is laxative.

OTHER KINDS OF WHEY may be made by adding the juice of a lemon or orange, or two sliced juicy apples, or a tablespoonful of honey or vinegar to milk that is near the boiling point. Strain and sweeten to taste.

RICE MILK. Boil the rice in milk, or water, until it is softened, adding the milk afterward. Sugar and cinnamon are good flavorings.

SAGO MILK. The sago should' be soaked for an hour before boiling. A tablespoonful boiled in a quart of new milk. Sweeten to taste.

MILK AND MEAL. Dessert-spoonful of meal (corn or arrowroot or baked flour) mixed with a little milk. Stir this in a pint of milk nearly boiling, and boil for five minutes. Sweeten and flavor to the taste.

The usual combination is a dessert-spoonful of flour to half a pint of milk.

APPLE WATER. Sugar and lemon peel added to juicy sliced apples. Pour over this boiling water and strain when cold.

WHITE CAUDLE. Two large tablepoonfuls of fine oatmeal mixed in water. Let it stand two hours. Strain it and boil, adding wine, sugar and seasoning to taste. Lemon juice or nutmeg is considered the best.

FRUIT CREAM. Put the fruit in a jar, with two table-spoonfuls of water, and sugar to taste. Heat the jar in

a kettle of boiling water until the fruit is soft enough to mash into a pulp. Strain through a colander. Add a pint of cream to every pint of fruit pulp. Apples, rhubarb, gooseberries, or any fruit may be used.

CREAM FOR STEWED FRUIT. Boil in three gills of water an ounce and a half of isinglass to a pint. After straining it and adding sugar to taste, add a glass of sherry and half a pint of cream. Stir till cold.

EGG NOG. Yolks of two eggs and half an ounce of sugar rubbed well together. Add four ounces of cinnamon water and same quantity of best French brandy.

LINSEED LEMONADE. Pour a quart of boiling water on four tablespoonfuls of whole linseed and the juice of two lemons. Steep in a covered dish for three hours. Add sugar as desired. It can be thinned with cold water and lemon juice. *This is excellent for colds.*

LEMONADE. Cut the lemon into slices, add sugar to taste, and pour over it a pint of boiling water. Keep it in a covered dish until cool. This mode of preparing it is recommended to allay thirst and throat irritations.

TO MAKE COCOA FROM NIBS. Soak a teacupful over night in a quart of water. Boil for two hours and strain. Use with boiling milk. It is better to use a double boiler.

JELLY WATER. Dessert-spoonful of blackberry jelly

in a tumbler of ice water, well beaten. Good for fever or stomach troubles.

BREAD JELLY. Cut a loaf into thin slices and toast them very hard. Add three pints of water, and boil very slowly. Strain carefully, and sweeten to taste. It is recommended for infants.

PEARL BARLEY JELLY. The water in which pearl barley has been boiled for six hours, strained, makes a very nourishing jelly when cool. It is used dissolved in warm milk.

ORANGE AND WINE JELLY. Soak in a pint of cold water a small package of gelatine for an hour or more. Add a pound and a half of sugar, the juice of four oranges and their grated rinds, and three pints of boiling water. Stir until well dissolved, strain through a cloth, and set it to cool. Sherry or other wine may be added instead of the oranges.

ARROWROOT JELLY. Bermuda arrowroot, two teaspoonfuls, same quantity of sugar and one teaspoonful of lemon juice. Make a paste of the arrowroot in a little cold water and stir this into a cup of boiling water, with the sugar added. Stir until clear. Pour into a wet cup. To be served when cold with sugar and cream.

INVALID'S JELLY. A pound of lean beef, twelve shanks of mutton, an onion, a crust of toasted bread, pepper and salt, and a bunch of sweet herbs put into

three quarts of water, and simmered for five hours. Strain and remove the fat when cold.

CHICKEN JELLY. Pound together, bones and all, half of an uncooked chicken. Cover with cold water and heat in a closed dish very slowly until the meat is "in rags," and the water half reduced. Strain through a coarse cloth. Season to taste. Let it simmer five minutes longer. Skim when cool.

TAPIOCA JELLY. Soak the tapioca for several hours in cold water, then cook until perfectly clear. Sweeten as desired, and flavor with lemon, vanilla or wine. Serve cold with cream.

ICELAND MOSS JELLY. One quart of boiling water, a handful of moss well washed, glass of wine, juice of two lemons, cinnamon one-fourth teaspoonful. Soak the moss in cold water for an hour. Stir the mixture into the boiling water, and let it simmer till dissolved. Sweeten and flavor to taste. Strain into cups. This is considered very nourishing, and is recommended for colds.

NOURISHING COFFEE. Put a heaping tablespoonful of freshly ground coffee into a pint of fresh milk nearly boiling. Boil three minutes. Let it settle a few minutes and pour it upon a well beaten egg. A little isinglass dissolved in water can be added to this, if desired.

MILK PUNCH. A teaspoonful of brandy and same quantity of loaf sugar added to a gill of milk.

BOILED RICE. A teacupful of rice into half a cupful of water, covered and cooked an hour, without stirring. Salt to taste. Add butter, or it may be eaten in other ways, if desired.

RICE CREAM. Boil together for five minutes, a quarter of a pound of ground rice, a pint of milk, lump of butter the size of a walnut, tablespoonful of sugar, and lemon peel. Add half an ounce of dissolved isinglass and let it cool ; then add half a pint of cream beaten to a froth, and set on ice. Serve with stewed fruit poured around it.

EGG PUDDING. Coffee-cupful of milk, one egg, teaspoonful of flour, beaten together. Put the mixture in a basin, tie with a cloth, and boil for twenty minutes. Serve with milk, gravy, or butter and sugar.

PEARL BARLEY. Boil for four hours, tied loosely in a cloth. Add only enough water to supply evaporation. Serve with milk, or butter, or preserves.

Another way is to put the barley and water in a covered stone jar in the oven and boil slowly until the barley is very tender.

TOAST should be of medium thickness, evenly browned and toasted entirely through. This requires the toasting to be done slowly.

BREAD PUDDING. The Westminster Hospital recipe for bread pudding is as follows: "Bread one-fourth pound; milk, one-fourth pint; sugar, one-fourth ounce; flour, one-fourth ounce; one egg for every two pounds." Stale sponge cakes or rusks may be used in place of the bread.

No. 2. A stale loaf boiled, salted, and eaten with butter, is a wholesome change.

No. 3. A pint of boiling milk poured on a French roll and covered tightly until the milk is soaked up. Tie in a cloth and boil for fifteen minutes. Sprinkle with sugar when taken out.

BREAD CRUMB PUDDING. Roll some bread that has been made thoroughly dry in the oven, into a fine dust. Add three tablespoonfuls of new milk and a dessert-spoonful of powdered sugar beaten up with an egg. Boil for a half hour in a buttered basin tied over with a cloth.

MACARONI PUDDING. Soak three ounces of macaroni in cold water for forty minutes; mash, and add a pint of boiling milk. Let it simmer for a half hour. Add two egg beaten with dessert-spoonful of sugar. Flavor with lemon.

GROUND RICE PUDDING. Two tablespoonfuls of ground rice mixed with three of milk. Stir this into half a pint of boiling milk, sweetened. Cook for twelve minutes,

stirring it. Allow it to get cold and add the yolks of three well beaten eggs, also the whites, after having been beaten to a froth. Pour in a buttered dish, and bake for twenty minutes. It requires a quick oven.

MACARONI. In half a pint of milk and good beef gravy (equal quantities of each) boil two ounces well washed macaroni, until tender. After draining, the macaroni should be placed in a hot dish by the fire. Beat together half an ounce of butter, two tablespoonfuls of the macaroni liquor the same amount of cream and the yolk of an egg, heated enough to thicken without boiling. Pour this over the macaroni. Sometimes finely grated cheese strewn over the whole, is added. Sometimes good gravy is used.



LESSONS IN MORAL TRAINING.

Ante-natal Impressions.

The education of the child should begin—not at birth—but from the moment of conception. The power wielded by the mother over her child in its ante-natal education is almost measureless. In this way criminals are made. In this way noble men are moulded, of indestructible character. In this way poets, painters, musicians, orators and the great men of the world have their rise. Looked at in this light the mission of the mother is almost superhuman. She holds in her woman's hands the destinies of nations—of the world. Napoleons and Washingtons are not born by accident. Such types of greatness could not be produced without greatness in the mother-soul that brooded over them. It is of more importance to teach the young girl just standing on the threshold of womanhood, how properly to become a mother than to create empires. She should know how, at that important time, to draw within herself the highest aspirations, the noblest purposes, the truest aims in life. The result would be a race of *men*—not knaves or clods, and of *women*—not society dolls.

The pillars of state have their foundation here. If those who stand on the political rostrum to-day, preaching an ideal republic, would sound the key-note of the future, it is that the mothers of to-day are the true builders of that enchanted future. They are the mighty power which will decide whether the republic is to be peopled with citizens, patriots, heroes, or handed down to an enfeebled and decaying race. Schools of all sorts are springing into existence : Cooking schools, kindergartens, training-schools for nurses, schools for the study of Hindoo and Asiatic literature, for Scandinavian art, and the exploration of every corner of the world ; but the school having the highest mission for its goal—that of the instruction of future mothers in the science of creating the moral and intellectual character of their children—this school has yet to be inaugurated.

Is there no sublime soul who will now step forward and be a pioneer in this Science of Life ?

A few illustrations of these hidden potencies are here given :

A lady of wealth and position, whose desire had been attracted by the first strawberries of the season displayed on a grocer's stand, not having her purse at hand, committed a theft of the tempting fruit. Instantly, the guilt of the act rushed over her. Her sense of being a thief became intense—burning into her very soul. The beautiful daughter thus indelibly im-

pressed before birth, was ever afterward afflicted with kleptomania, notwithstanding the unceasing efforts made from childhood to womanhood to erase the result of that one act. She was otherwise of noble character. But this fatal inheritance shadowed her whole life. She even felt herself compelled to break a marriage engagement with a man she loved on account of it, preferring to live a lonely life rather than forfeit the respect which she felt she would lose when he discovered it.

Another instance is of a mother who gave way to a fit of *violent* passion. It was the *violence* of the passion which stamped its lasting impress upon the nature of the boy who was afterward born. He was never able to overcome it. When arrived at manhood he committed murder during one of these fits, and died on the gallows. The mother lived to see the latest result of that fit of passion.

Yet another instance is of a mother who was left widowed, with three young children dependent on her earnings for their support, and the prospect of an additional child to increase her cares. She lamented this condition of affairs to a friend. The friend inspired her with exalted counsel. She told the mother that if she cherished right feelings toward that unborn child, giving it welcome when it came, and performing her duty bravely and cheerfully, it could not be possible that the child would be other than one in strong sym-

pathy with her, and the support and comfort of her old age. The advice made a deep impression, and was acted upon with a kind of inspiration. The child proved to be a boy of noble qualities. Between this boy and his mother there existed a wonderful sympathy. While he was still very young, the mother one day told him the history of her struggles—of what she had gone through for his sake, how she had toiled, and how her heart had almost fainted within her during the weary conflict.

The recital affected him deeply. He replied with boyish enthusiasm that every comfort of which she had been deprived in the past, *he* would give back to her in double measure ; and that it should become the constant aim of his future to repay the labor and love she had expended on him. He seemed thenceforward transfused with this thought, and when he grew to manhood and acquired wealth, he did not forget his promise. Everything that money could buy or affection prompt, was lavished upon that idolized mother. She was ever his first thought, his joy, and pride. He studied her pleasure in everything, took her with him on delightful travels, placed her in a home of luxury, and taught his children to reverence her. Thus in the happiness of her later life she had her reward for the clouds of the morning. Instead of staining her soul with the crime imputed to American women, she found its richest

blessing in accepting the burden placed upon her. The beautiful law of compensation crowned her as harvest crowns the seed-time with full returns of the kind of seed planted.

But the health of the father at the time of conception also makes a deep impression upon the child. The future oak bears the imprint of the germ from which it sprang. Consumptive fathers cannot expect to have children untainted with *tuberculosis*. Fathers who are poisoned by the virus of alcoholic excesses or the nicotine of tobacco cannot produce healthy germs, and the future boy and girl whose existence is begun in these elements, must to a greater or less extent show in their bodies or minds or both, the taint of the germ. The ebrieties of the parent often become the insanity of the child, and insanity is but a stage in the descent toward idiocy. By the law of heredity, it only takes three generations of this excess to produce idiocy or lunacy in the children, and in the fourth generation there is total extinction. For it is a well established fact in science that there is no more fertile cause of predisposition to physical and mental degeneration in the next generation than alcoholic excesses. Thus nature is ever striving toward a survival of the fittest—cutting off the dead leaves and making the living ones respond to fuller life.

Husbands need to be taught that from the time of

conception, the wife who is to become a mother, should be treated as tenderly as a babe. Every safeguard should be thrown around her ; every reasonable care be lavished upon her ; so that the even channels of the new life interwoven within her own, be not roughly broken or changed in their course. When love and wisdom guard the gates of life, the fruit of the tree of life will by and by become perfect fruit.

As the Twig is Bent the Tree is Inclined.

Having cast the plastic wax of the infant human being into the proper moral and mental mould, during its ante-natal life, the mother has achieved the grand result of having now placed at her disposal *good material* with which to work,—material which is henceforth, to a large extent, hers to make or mar. The advantage thus far gained is immense. There is no deformity to correct, no strongly-marked fault to eradicate, no hereditary taint to cure. But it is now her duty to see that she does not *make* deformity, that from the time of birth onward, every effort is exerted toward a harmonious development of character in the infant soul intrusted to her keeping. A young sapling may be ever so perfect in and of itself, but if it be constantly bent in the wrong direction, it will, by and by, grow into a crooked tree. Along the eastern shore of Lake Erie, some years ago, there stood an orchard with every tree slanting toward

the east. This effect was produced by the west winds constantly blowing across the lake. A like result begun at birth, may be wrought on the infant child if the mother fails to take it under wise guardianship. Continuous influence flowing from one direction is like the wind from one quarter—it causes a displacement from equilibrium in the objects which it affects. The winds of daily influence, unless blowing in the right direction, will warp the tender human twig from its fair proportions. Begin at once with regularity in eating, sleeping, the bath, and the daily routine of infant life. Establish the supremacy of correct *habits*. They will become golden chains of anchorage for its future, instead of permitting the little barque to drift at the mercy of every caprice of wind and tide. It is so much easier to *begin* with systematic regularity in the care of an infant than to wait for a fancied favorable opportunity later. The most favorable time that can possibly occur is at the outset. The stepping-stones to health are not only thus secured for the child, but the comfort of those who have it in charge. Infants are responsive to imperceptible influences to a much greater degree than would be supposed. They are irritated by the fretfulness of the mother, and soothed by the genial warmth of good nature. They smile back at her before they can know the meaning of a smile, and intuitively shrink from tones of harshness and anger. It is a fact well known to science

that the milk of a nursing mother when given immediately after violent anger, has produced the illness and death of her child. So the friction of an irritated and ungentle soul-atmosphere chafing against the child, produces similar unwholesome effects. A mother cannot expect an infant to be tractable and quiet if it is constantly surrounded with her own disturbed and fretted condition of soul. Serene waters reflect unbroken images. Disturb that serenity and the reflection is also broken. Sweet temper is especially contagious between mother and infant. Who has not noted the magical effect on a crying and fretting babe of transferring it to the arms of some quiet, strong, good-natured, magnetic person whose atmosphere at once soothed it to restful sleep? Thus Nature is ever showing what is needed, and her suggestions if acted on, are the highest wisdom. Few realize the importance of a gentle firmness in their ministrations upon infants, or of that unspoken sympathy which is as truly necessary for their health as other laws of hygiene.

Mothers sometimes so far forget themselves as to approach a child with frowns or a harshly spoken word. How quickly the sensitive lips quiver, and the wounded feelings break forth in sobs! Even very young infants will wear the expression of the nurse, from its constant reflection upon themselves, so that what seems so slight a matter as expression of countenance, becomes a con-

tagion. A happy tempered nurse will generally produce an equally happy temper in her nursling, for infants are never fretful unless there is some good reason for it.

Never force the brain of an infant to premature action by trying to attract its attention to external objects during the first weeks of its life. It produces a strain on the nervous system, and even causes indigestion. What it needs most is rest. The faculties will waken of themselves and demand your attention soon enough, without forcing.

Do not allow a child to learn that it may obtain what it wishes by crying for it; lead it in a happier way. If mothers would bestow more thought on these subjects—subjects which most nearly concern the real welfare of the child—and less on the embroideries and tucks in the little wardrobe, a better era of infancy and childhood would be inaugurated, and a vast amount of misdirected energy be returned to its proper channels.

During the period of emergence from infancy to childhood, perhaps the most watchful care is needed when the child has reached the age of three or four years. The two extremes to be avoided are over-indulgence and over-severity. Children are happier when governed with a kind and steady hand than when indulged in the gratification of every unreasonable whim.

Not to be restrained from selfishness and anger, and a lack of affectionate consideration for others, when these

traits manifest themselves, is to allow the weeds to grow and over-run the sweet flowers in the garden of character. Be ever firm, but be kind in that firmness. Never correct a child in anger. Gentleness is far more emphatic than any anger. Even the brute creation are controlled by the law of kindness when blind, unreasoning force fails. Rarey, the famous horse-tamer, does not use the whip. His first principle is to teach the horse that he is a friend. Example preaches with more power than precept, and the anger of the parent counteracts the reproof given in anger. No one can be a fit person to control a child that has not first learned self-control. On the other hand, over-severity makes a prisoner of all the free and innocent inclinations of childhood, thwarting every glad desire, repressing all the graces and exuberance of childish character, until the spirit either becomes broken, or ends by an open rebellion to the oppression. Harshness spoils with a more cruel hand than over-indulgence. The opinion of the Archbishop Whately on this subject is as follows:--

“Most carefully should we avoid the error which some parents, not otherwise deficient in good sense, commit of imposing gratuitous restrictions and privations, and purposely inflicting needless disappointments, for the purpose of inuring children to the pains and troubles they will meet with in after life. Yes; be assured they *will* meet with quite *enough*, in every portion of life, in-

cluding childhood, without your strewing their path with thorns of your own providing. And often enough you will have to limit their amusements for the sake of useful study, to restrain their appetites for the sake of health, to chastise them for faults, and in various ways to inflict pain or privations for the sake of avoiding some greater evils. Let this always be explained to them whenever it is possible to do so ; and endeavor in all cases to make them look on the parent as never the *voluntary* giver of anything but good.

“ To any hardships which they are convinced you inflict reluctantly, and to those which occur through the dispensation of the All-wise, they will more easily be trained to submit with a good grace, than to any gratuitous sufferings devised for them by fallible man. To raise hopes on purpose, to produce disappointment, to give provocation merely to exercise the temper, and in short, to inflict pain of any kind merely as a training for patience and fortitude—this is a kind of discipline which man should not presume to attempt. If such trials prove a discipline, not so much of cheerful fortitude as of resentful aversion and suspicious distrust of the parent as a capricious tyrant, you will have only yourself to thank for the result.”

All training should be conducted in accord with natural laws, and with entire freedom from needless restraint. The most valuable lessons are those taught without any

appearance of lesson-giving. A wise education, begun at birth, and made continuous, gentle and emphatic, is like the chisel of the sculptor hewing little by little the unformed block of marble into lines of noble beauty. Encourage the happy joyousness of disposition natural to childhood. An atmosphere of constant repression at home is sure to destroy the chief value of home influence. Be to the child what the sunshine is to the opening flower—a loving light which develops and expands it into the symmetry of a pure and unbiased nature. Pervade the young life with that fostering warmth of gentleness which can only flow from yourself. It will be easy thus to inspire it with noble feelings, with generosity, with self-denial. Never worry a child by excessive and over-careful management. Overlook trivial shortcomings,—abolish law, or the appearance of law. Let it revel in an absolute sense of freedom, feeling only the restraints of affection. The old lady gave excellent advice when in reply to a young mother who anxiously asked what could be done in the case of an already too much managed child, she said “I recommend, my dear, a little wholesome neglect.”

A too early forcing of the brain-power in children is detrimental to both body and mind. The precocious brain loses its recuperative ability from premature and violent exercise, and its brilliant elasticity falls into a state of collapse. It should be allowed to gather energy slowly, at restful stages, until the body has reached

a period of affording it more solid foundation. The child should not be subjected to the discipline of the schools previous to the age of six or seven years. Before this time very simple modes of instruction—by pictures or a few toys—may be used. But the attention should never be held, to weariness. Very gradually and gently indeed, should the young and expanding intellect be conducted into the mazy outer labyrinths of learning.

The precocious child often reaches a dead level of reaction where he pauses, while those who lagged behind him at the outset, pass onward with easy progress. "Late springs produce the most abundant harvests." What seems, in some cases, dullness in childhood, is simply conservation of energy which later in life produces results that the precocious intellect would have found impossible. The record of Horace Greeley affords an example of this principle. Fowler, the phrenologist in one of his lectures, once made an examination of two heads which he likened to the Fall and Winter apple. One was that of a precocious boy. The other had not yet been discovered to be remarkable. "This brain," he said, speaking of the first, "will soon give out. It ripens early, with the hectic of decay. It is like the Fall apple. While this brain"—speaking of the second—"is gathering energy for future ripeness and solidity. It is like the Winter apple. It develops slowly, but

long after the Fall apple is gone, it will afford the solid fruit of the later season of life." Parents who pursue the unwise course of forcing the minds of their children into too early development, may expect those children to reap the consequences in early decay or disorders of the nerve centers which cause ill health and premature death. A happy equilibrium between brain and body is the only condition of health. With whatever spasmodic brilliance some intellects may burn under the lurid fires of disease, it is certain the light they emit would be brighter and exert a more wholesome effect, if health instead of hectic pervaded the brain tissues.

Habits of observing with accuracy whatever enlists the attention—that is, of becoming *truthful* observers, or truth-tellers, and of inquiring into what lies beneath the surface of things—the great natural laws—word-roots and meanings—the inward reasons for the outward expression—these currents of thought may be gently directed with vast advantage to the child. If there is any particular bias to the mind toward one pursuit in preference to another, encourage it, but not at the expense of neglecting all the other faculties. Constantly remember that equilibrium is the most beautiful law of development. Cultivate symmetry by strengthening the weaker traits and using a gentle repression toward rampant tendencies, that would otherwise overshadow the beauty of character. Let the most of labor be in

what is loved, instead of producing an over-friction by work that is disliked.

Further on in school life, the pupil should not be burdened with too many studies at one time. A few—two or three—branches of study *well* learned are of greater use than a larger list which can only receive attention from exhausted energies.

A real religious feeling cannot be fostered too early in childhood. “Not the canting religion of dreary Sundays, of assuming solemn looks, of text-quoting, or of uttering long prayers before men, but rather the religion of the head and heart; that true faith which aids a man to do his duty to his God, his neighbor, and himself.” Instil a hatred of “hypocrisy and artifice; a love of sincerity and earnestness; of being straightforward and honest at any sacrifice; teach children to detest wickedness in any shape, but especially, in the educated, and when practiced under a cloak of religion.”

The remembered prayer lisped at the mother’s knee, has proven a powerful magnet for good in many a son’s later life, often making a turning point in that life’s career.

Provide plentiful amusement and healthful recreation. The word is indeed what it implies—*re-creation*. Open air sports should be encouraged to the largest reasonable limit. Frequent renewals of force—allowing the body to throw off the effete particles of matter,

and take on new,—is the surest elixir of youth and prolonged life. Open-air exercise gives the purest supply of this life-force. “No error can be more ridiculous than that of attempting to force the young to shun innocent recreations, for fear of making them too fond of pleasure.” A wise interblending of pleasure and labor, gives the greatest pleasure. Pleasure in excess, as a pursuit, palls on the taste, like too much sweet ; but as a twin sister of work, she is a high priestess of health and happiness.

As years crowd upon the child—as boyhood and girlhood succeed childhood, and the mind and body strengthen in happy unison, a stronger mind-diet must gradually be substituted for the simpler food of earlier years. Seek to strengthen the entire group of mental faculties,—the memory, the reasoning powers, and instil a worthy ambition to excel. Build up a beautiful soul-fabric within the bodily temple. Teach “truthfulness, patience, contentment, self-denial, charity, fortitude—and the power of bearing and forbearing.” Provide the best books for their hours of silent companionship,—those which lead by suggestion, which stimulate to noble living by the best models—such as “teach men to excel by lifting up themselves and not by depreciating others ; such as inculcate pure principles of action and horror of cunning, selfishness and irreligion.” **Men** may be known by the company they keep with

books as well as with their fellows, and the influence exerted by them for good or evil is quite as potent.

Home Influence.

When Napoleon one day asked Madam Campan what was needed to train young people properly in France, she replied, "Mothers."

Into the hands of women—first as mothers and then as teachers—has been given the work of molding the character of the generations that succeed them. And the question that transcends in its importance all other questions, as the mother transcends all other human instrumentalities, is,—Shall that education be broad and grand in accord with the full and beautiful meaning of the word, which among the Greeks and ancient Persians meant *what a man was and what he could do*; or the development of his inherent qualities,—not simply what he knew, not simply the amount of knowledge he could pile up in his brain,—but that rounded character, that outflowing of his soul-nature into natural, healthful channels of well-formed habits of mind and heart which alone sets life in tune with the harmonies of the universe. The mother—who is more than artist or sculptor in being educator—must mold these perfect habits, this noble attitude of the soul toward integrity and honor. She must instil self-control, and inspire the highest motives,—motives which dwarf merely selfish and per-

sonal aims by leading into the grander arena of a world-wide brotherhood.

A clergyman once replied to a mother who asked when she should begin the education of her three-year-old child. "Madam, you have lost three years already." For either good or evil, the mother's influence reaches from the cradle and before it, to the grave and beyond it.

A young man who attributed his habit of truthfulness to his mother, said to her: "You would not let me tell falsehoods or exaggerate, even in fun, and you always talked as calmly to me when censuring me as you did when you were praising me." When the home becomes a "school for sympathy and forbearance," for a loving discipline in all the virtues that create character, and when parents understand that example is a power far beyond any mere verbal instruction,—that the most vital instruction is the kind that is daily *lived*, they will *be* what they wish their children to become. From this sacred center of home will flow an "impulse for wider work, whence also the self-sacrifice in daily trifles may swell into the self-sacrifice of a life for universal objects."

Until the regeneration of society begins at the cradle, other reforms must yield small fruitage. The tree should be watered at its roots. *Mothers* are indeed the greatest need of society and of the world. The character of a nation may always be judged by its women.

For in proportion to the elevation of the women of a nation is the measure of that nation's enlightenment and liberty. The American people have done well to symbolize the spirit of their institutions by a woman transformed into a goddess, across whose brow shines the golden legend of *Liberty*. For the only true liberty possible is indeed crystallized in woman as mother and educator. Just as it would have been impossible to have had a Washington without the noble mother of Washington, so this free America about which we boast so much, could not have been born save as American women breathed into it the breath of life. Women always have been and always will be "the power behind the throne." As soon, therefore, as we can have a race of mothers who are clothed in such wisdom that they will be high priestesses of the grand Temple of Home, there will be no further clog in the chariot wheels of Destiny. And to educate woman in the noblest type of motherhood—as creator and as teacher—is a work whose influence not even eternity can limit.

Good character, good breeding, right education;—these should be the sacred Trinities of household worship. The mother cannot surround her child with a greater safeguard for after life than to make good resolutions *habitual* in early youth. "There is something in resolution that has an influence beyond itself. It marches on like a mighty lord among its slaves. When

bent on good it is almost the noblest attribute of man ; when on evil, the most dangerous."

The harmonies or inharmonies of life generally originate at home. If a loving atmosphere pervades the home, that very love subdues the faults of childish character that would otherwise grow into discrepancy. As a rule, people are refined in proportion to their lovingness ; and this beautiful humanitarian love can only be bred in the sunshine of harmony. It is certain that the ranks of vice are not recruited from harmonious homes. Prison records do not reach hitherwards for their beginning. Pauper and criminal lists are not begun here. Let the well-spring of life at home be pure and beautiful, and the streams that flow from it must be like its source. The sacred ties of brotherhood and of friendship should here be forged in bands of gold. Teach the young that they are here for a purpose—that life is not aimless,—and that in proportion as the duties of life are faithfully performed, so the reward will fall to them. Cultivate true courtesy toward all—that courtesy born of real kindness of heart. "The performance of good offices toward our fellows not only confers immediate gratification, but permanently ennobles our dispositions."

Two ladies were riding by a thrifty garden plat whose tender, trailing vines and young twigs that were to become trees, had been swept to the ground by a storm of the previous night. The gardener was busily

engaged undoing the ravages of the storm, carefully bracing the young trees and supporting with trellisses and other frames the drooping vines and displaced foliage. "It has always been a matter of wonder to me," said one of the ladies, "that while so much thought and science is bestowed on the subject of plant and tree-culture, and so much time and money spent to produce the highest standard of fruit by processes of known natural law, that the human family and the home training of the tender twigs of our own households, is left to the haphazards of a chance growth. Science exhausts itself on the lesser objects whose mission it is to minister to the needs of man, and leaves the problem of human culture a neglected garden. The cultivation of the human species is subject to laws the most fine and subtle. Observe them and our homes bloom with those flowers of the human soul whose fragrance fills a lifetime. Fail to observe these laws and we have nothing but weeds. Where are all the gardeners,—and what work otherwheres engages fair science that she can afford to forsake this ground for any field in the known world? "These things ought ye to have done and not to have left the others undone."

The following Oriental legend presents this truth in another way: "There was once a mother whose soul had caught the radiant light of truth, of right, of love, of a noble humanity in subjection to these principles, and

from whose countenance there seemed to shine somehow this interior beauty. Every one who left her presence felt better for having been in it, and each carried away a reflection of good that had not before been with them. This beautiful mother led by the hand a lovely, dark-eyed child. 'Let us plant a garden of flowers,' she said, 'that we may send their fragrance around the world.' So by and by, as the soft airs breathed and the sun shone, these marvelous flowers expanded into bud and bloom. There were the roses of love, whose mission it was to be fragrant in kind deeds and words that bind up bleeding sorrows and pour the balm of healing into wounded hearts. There were the lilies of purity, of a clear integrity of purpose whose honor remained undimmed with rust, and whose beauty left so white a memory in every place to which they were sent, that the very darkest corner never quite forgot that image of whiteness, striving, even if ever so feebly, to be like it. There, too, were the brave little forget-me-nots of such a tender blue color, and always so true to truth and the ties of noble friendship that the world grew in love with this quality and wrote poems and stories in praise of it, and performed deeds of valor for the sake of its ties; and lives were laid down--friend for his friend--because this flower of the garden of human life bloomed on and on. 'Greater love hath no man than this.'

"Each flower that bloomed," so the beautiful woman

taught her child, "was for the happiness of *some one*; going on missions of love to the sick, the poor, the hungry, dying of hunger of heart and soul, the languishing by the wayside. All were sent of heavenly Love to speak in low and sweet accents the message of universal brotherhood to every child of earth.

"This beautiful mother" so the legend runs, "is the brooding, beneficent mother-soul—the enshrined Wisdom—who has the wide world in her keeping, and who teaches all hearts if they will but listen. the same precious lesson."

A mother who was familiar with this legend, made a practical application of it in the education of her own child in the following manner: She put under cultivation two beds of flowers, one for herself, the other for her child, giving him exclusive control of his own flower-garden, in order that whatever use he made of it might be freely made. She thus taught the uses of responsibility. By having a bed of flowers for herself at the same time, she used the power of example, thus bringing its full force to bear upon the awakening faculties of his young mind. In simple fashion she began with the seed-time, illustrating the principle that good seed must be sowed to produce the flowers of good character. She taught her young pupil botany, and applied it by showing the different types of the human family to be like different flowers—each blooming after its

own kind; and that we cannot expect seed from the sunflower or marigold to produce roses or lilies. She illustrated the beauties of unselfishness in various ways. The flowers themselves were unselfish, she said, since they poured forth all their fragrance upon the air, which the rich and poor, the beggar and the prince were privileged alike to breathe. Their gentle beauty, too, did not withhold its blessings from any.

She set the example of using the flowers for the benefit of others—carrying them to the sick, giving them to the poor, and in every possible way illustrating the lesson of that nobility of habit which delights in unselfishness of action. “Freely ye have received, freely give,” was her constant motto. The boy, thus led, gladly followed the beautiful example, and the wise lessons so wisely taught, grew into the soil of his own nature like the flowers from whence he had drawn his inspiration, and added a tenderness and charity to his feelings which in later years made him loved by all.

Looked at in whatever shifting light may chance to fall upon it, the Home rules the world, and the Mother rules the Home.

Reaping What is Sowed.

The outcome of home influence, if it has been conducted on the ascending scale of true development, crystallizes—in the boy—into that highest product of

humanity,—a gentleman, and in the girl, into true womanhood.

It is the heart that makes the genuine type of gentleman. From this source springs that true civility born of the law of kindness, whose manners distinguish themselves by a quiet undertone of ease and elegance characteristic of good breeding. Ruskin defines some of the qualities of a gentleman to be “sensitiveness, sympathy, self-control, perfect ease, openness, and a disdain of cunning and deceit.” Good manners should be cultivated because they belong to the real substance of character. They cannot be assumed and discarded like a costume—with the occasion. “Well-bred men and women have the same manners at home that they have in society. They would no sooner be guilty of a rudeness to an inmate of the family circle than to a society leader.” The current lack of deference shown to parents which is so much complained of in this country, is the result of faulty home training. Aristotle says “that manners are the lesser morals of life,” and the most cultivated minds of the past and present have discoursed upon the value of good manners as an external evidence of internal worth. Sir Sidney Smith attributes good manners to “that fine perception which sees little things, and the equally fine sympathy of a superior moral organization which meets them with delicacy of response.” The high-bred person exercises

courtesy toward all alike;—the rich, the poor, inferiors and superiors, and all conditions and classes of men.

Manners are not idle, but the fruit
Of noble nature and of loyal mind.

They are passports to the best society and are essential to success, even in business. Politeness is of commercial value in the salesman who sells you dry-goods, the lawyer who pleads your case, and the preacher who would win your attention. “The business man has no stock in trade that pays him better than a good address. If the retail dealer wears his hat on his head in the presence of ladies who come to buy of him, if he does not see that the heavy door of his shop is opened and closed for them, if he seats himself in their presence, they will not be apt to make his shop a rendezvous, no matter how attractive the goods he displays.”

Good breeding implies that refinement and cultivation of the entire nature which is included in a proper education within the home circle. Manners are the badge of this high culture. One of the surest evidences of this thorough-bred education is said to be found in the art of putting everyone at ease with you. It is the fine instinct of adaptation. In society, the woman of high breeding will at once surround you with a magic atmosphere of ease, and of feeling at home with her, to such an extent as to charm you with her presence, though

you cannot tell in what the charm consists. On the other hand, there are women, new to well-bred circles, having no transmitted culture, who “act like a cold shower-bath upon sensitive organizations.”

When the delicate tracery of refinement and culture is within the heart and mind and soul—those subtle trinities of human nature—“there will be found that degree of sensitiveness necessary to produce a regard for the feelings of others. Those who possess it feel that there is one thing that is worse than to have their own feelings wounded, and that is, to have wounded the feelings of one who is dear to them.”

A state of well-bred or ill-bred society is strictly traceable to its women—a fact which gravitates to the fountain-head of all influence—*mothers*. Every other fact in life travels in a circle back to that one cardinal principle. Mothers, then, are the only hope of society, and “it is upon maternal love that the future destiny of the human race depends.”

It is well known among readers conversant with Indian history, that the great orators and chiefs of the Six Nations were born of an order of women known among them as the Holy Family, whose sacred duty it was to consecrate themselves to the work of giving to the world and of rearing the noblest types of warriors and chiefs and wise men in their tribes. These rude barbarians in their race-making, builded on surer foundations than

all our boasted enlightenment, and modern women would do well to receive a suggestion from them in the two most important branches of human science,—the influence of mothers over the birth and training of the men and women who will constitute the great to-morrow of the world.

But mothers, remember that if your ambition for your child has been of the wrong kind, having in view only material wealth instead of the imperishable wealth of character, it cannot but end in disaster. Many a sad story could be told of lives wrecked on the shoals of a false ambition. In those shallows lurks a syren who allures only to destroy.

Once upon a time,—and this story is true,—there lived in one of the Southern States, a lady who had three daughters. They were all beautiful. She cherished a grand ambition for those daughters to shine as stars of society and make splendid marriages; in other words, to barter themselves in exchange for establishments, much money, servants, carriages, and husbands. In brief, the sequel was as follows: One married a man who wished a beautiful wife to grace his home. He obtained his wish, if that may be called wife which is empty of heart; for she loved another, and she was wretched. That other, though in every way worthy, had not the wealth which she had been taught to believe she must secure by marriage. The wedding was

considered brilliant, and the wedding bells rang joyously upon the sense of every one save the one for whom they were ringing. To her, they were funeral bells. They rang the death of her hopes. They did more. For the conflict which from thenceforward her soul waged with the false life she had accepted, completed its work, and she died of a broken heart. But previous to this sad ending, her husband had made the bitter discovery that his wife was his wife only in name, and as a consequence his treatment of her lapsed into utter neglect. His riches, meantime, had taken to themselves wings and flown. The lover whom she loved and pushed from her heart for the sake of gold, rose in the world and became a citizen of wealth and high standing.

Another one of these daughters also contracted a brilliant marriage—as the world will call it. Her husband was one of those men who needed the supporting strength of a strong-souled woman by his side, to steady his own weaknesses of character. His wife could not fill this great void in his heart. Her aims were so artificial, her standards so false, and his disappointment in her was so keen, that he became reckless. When, in addition to this, he saw his children placed under the same artificial education and felt himself powerless to rescue them, the wreck was complete. He became bankrupt and died, leaving her in destitute circumstances.

The third daughter was afraid that to become a mother would spoil her figure. She committed the crime of ante-natal murder and died from its effects.

The worldly mother lived to bury every one of her daughters, and to lament the course she had taken. When too late, she would have changed the order of these lives committed to her care, whose untimely endings were directly traceable to the false education in which she had reared them. Her inordinate ambition led her to its final goal—three premature graves, and a ceaseless remorse of heart. Thus unerringly does broken moral law avenge itself on its transgressors.

To estimate the value of a husband by his bank account, instead of by worth of character and congeniality of temperament, is the fatal tendency of the modern society young lady. Society mothers may be held directly responsible for these artificial standards. In this grade of life, daughters are trained from early girlhood, to regard personal appearance as the chief means to further the grandest consummation of their lives—a matrimonial alliance with money. They forget that even in this view of the case the surest wealth exists within its possessors, in steady industry and the good judgment that can hold a balance between incoming and outgoing channels. Some parents are discriminating enough to see this, and will not permit their daughters to ally themselves with wealth unless it is in the hands of those

who display talent enough to manage it on sound business principles. They understand the commercial value of determination. In the language of John Hunter, who left a carpenter's bench to become the first of English surgeons,—"Is there a man whom difficulties dishearten—who bends to the storm? He will do little. Is there one who *will* conquer? That kind of man *never* fails!"



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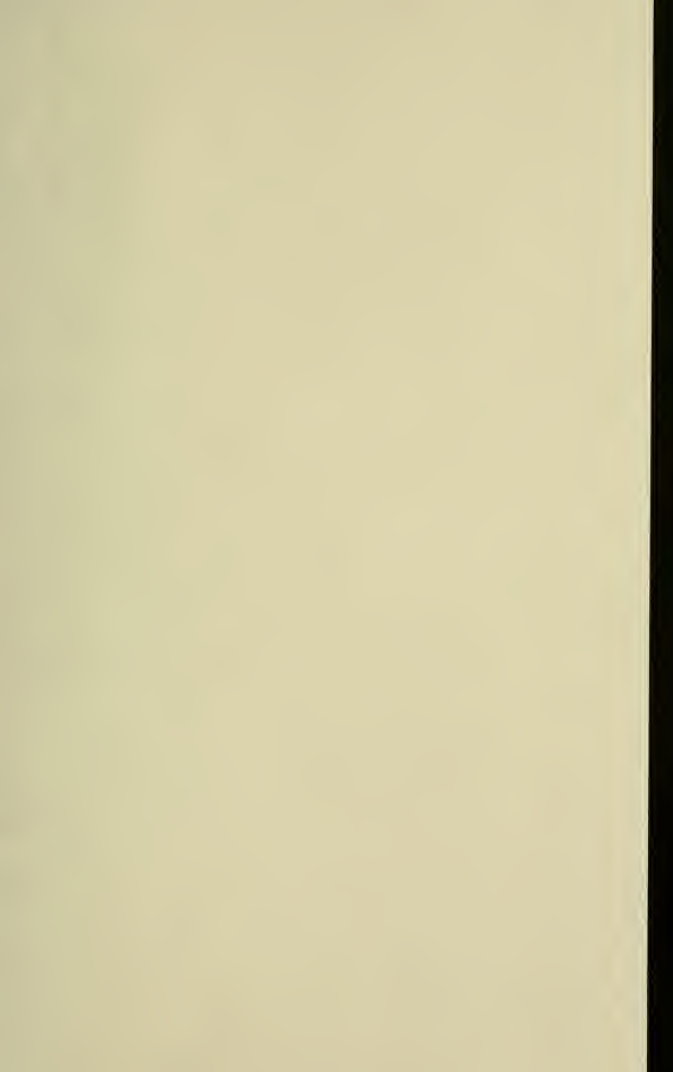
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